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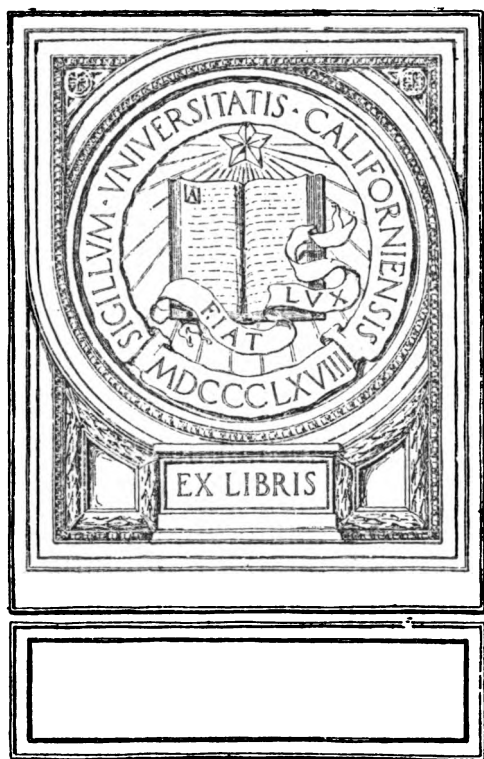
The AMERICAN HOME DIET

AN ANSWER TO THE EVER PRESENT QUESTION

WHAT SHALL WE
HAVE *for* DINNER



E.V. McCOLLUM
NINA SIMMONDS



THE AMERICAN HOME DIET

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HAVE *for* DINNER

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PREFACE

During the last twenty years steady progress has been made by various agencies in the Department of Agriculture and by the Home Economics Departments in the States in introducing better methods of preparing and of preserving food in the home. One of the chief aims has been to teach the housewife how to select and prepare food so as to provide better nutrition for the family. While this work has been going on, scientific investigation has been making rapid progress in revealing the importance of several factors which were not appreciated a few years ago. As a result of this the character of the instruction in nutrition has necessarily undergone a decided change. The acquisition of numerous new facts relating to nutrition, which has come from experiments on animals, has greatly multiplied the detailed knowledge which the teacher of nutrition must master in order to be able to answer the many technical questions relating to the subject. It has increased the complexity of the problem of inspecting the daily menu so as to make certain that it is adequate in all respects. On the other hand certain generalizations which increasing knowledge has warranted, make it possible to simplify the problem of the housewife instead of complicating it.

It has been the aim of the authors to explain in non-technical language the reasons for the superiority of certain combinations of foods over others, and to offer convincing evidence that the regular use of proper combinations of our common food-stuffs is the key-note to the successful feeding of the family. It is believed that an appreciation of the reasons why certain selections of food should be made, will be welcomed by intelligent housewives everywhere, be-

TO YOU ABOUT... PREFACE

cause of the general development of the scientific spirit which is not satisfied with doing without understanding. Hence a considerable amount of space has been devoted to a description of the results of malnutrition of different types. If knowledge is power, and if to be fore-warned is to be fore-armed in other directions, it must of necessity apply to the task of the mother of the family in a vital way.

While it is important that every woman should understand the fundamental facts of nutrition, and of the preservation of food, the task of planning the daily diet of the family so as to conform with the best knowledge which we possess, should be accomplished with the least possible expenditure of thought and energy. The presentation of a suitable menu for each day seemed the best method of attaining this end. It is expected that some freedom will be exercised in substitution of one article for another having similar dietary properties, whenever it seems desirable, but it is believed that in many cases the complete adoption of the menus as they are tabulated will prove most satisfactory.

Due regard for appetite and customary food habits has necessitated the inclusion of meats in one form or another more frequently than physiological need will justify, but it is recognized that to ignore deep-seated psychic demands would defeat the purpose of the authors, which is to work toward the goal of better nutrition for the American family. While catering to the sense of taste for sound psychological reasons, the way is pointed out for the mothers of the rising generation to discourage certain abuses of appetite which are now common, and to establish in childhood an appreciation of wholesome foods.

Baltimore, Md.,
September, 1919.

E. V. McCOLLUM.
NINA SIMMONDS.

PART I

CHAPTER I

INTRODUCTION

It is essential, in order to understand the technical details of the science of nutrition, that one should have an accurate knowledge of those divisions of physiology which relate to digestion and assimilation of food; an appreciation of the conditions within the alimentary tract which favor the growth of one or another type of bacteria, whose presence, according to their race, may be beneficial or harmful; and an understanding of the chemistry of the substances which serve man as food and the changes which they undergo in the body. Such knowledge is not easy to acquire, and its scope is so great that it is not even possible to include all of it in the usual course of study leading to a college degree. It cannot be simplified very far without sacrificing in accuracy. It is not possible for all to become familiar with the technical aspects of the subject, and it is asking too much of the housewife to urge her to try to master the subject of nutrition. Nevertheless, she should understand the subject in its broad outlines, and should possess detailed knowledge of certain phases of it. The interests of the mother of a family extend beyond the supervision of its nutrition. They include its proper clothing, education and moral direction. Insofar as she can attain the desired results in their nutrition and reserve her time and energy for her other duties, an effort should be made to do so. Science must help her in this task.

**Scope of
Science of
Nutrition**

The farmer does not in general understand the chemical why and wherefore of the fertilizers which he uses. It is not probable that he would succeed

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**The Farmer
and the
Experiment
Station**

any better if he had a far reaching knowledge of the several sciences which have contributed to the advancement of agriculture. Science has taught him how to improve his animals through systematic selection, for dairying, for meat, egg and wool production. It has shown him how to test his seeds, so that their power to germinate is known before planting. Science has pointed out the importance of rotating crops rather than growing one crop year after year on the same plot. The agricultural experiment stations are making excellent farmers, by the process of instructing them in **what to do**, without the detailed knowledge of the **why**. The farmer can dispense with technical education which would be time consuming and expensive because he can ask questions of experts provided by the state, and get a better answer than he could ever arrive at by means of his own limited opportunity for experiment and observation.

The merchant needs to know quality in his goods, and to be able to judge their worth and how far he can recommend them. He would not in general succeed better with a knowledge of the detailed technique of their manufacture to make it worth while for him to seek this information. The housewife, the farmer and the merchant, and others, need certain knowledge which is directly applicable to their problems, and except as the acquisition of knowledge adds to the joy of living, an investment of efforts toward acquiring technical details relating in some remote way to their business would not be as advisable as the cultivation of an interest in some unrelated field of human endeavor. The latter course would in most cases afford more complete and beneficial recreation, and accordingly would be more advisable.

The mother of a family has a great multiplicity of duties, and one of her greatest needs is for an

WHAT SHALL WE HAVE FOR DINNER?

opportunity to be free for a time each day to engage in activities which serve as a recreation. It cannot be denied that much of the education which she has been offered in nutrition has not only not simplified her problem, but has added to it. Is it practical or necessary to confront the housewife with tables giving the fuel values and content of protein, fat and carbohydrate in foods? Is it worth her while to learn to visualize a hundred calorie portion of all of the common food-stuffs? Does not this complicate the whole problem of teaching her the essentials of nutrition? Does it not defeat our end by making her feel that such things are impossible of application in her every-day routine? We all realize that the constant care, planning, timing and watching the progress of cooking foods as well as attention to all the other duties of the household lay a great strain on the nervous system of the woman who conscientiously attends to them. There can be no doubt that women who are attempting to the best of their abilities to do for their families what the dictates of science demand would be greatly relieved if some system which would simplify their work instead of adding to it could be found. An effort to solve this problem, even though only partially successful, is desirable.

**The
Mother
and the
Nutrition
of the
Family**

Although there has been great activity during the past few years by various agencies in the work of educating the housewife in matters relating to nutrition, much of what has been written for her has not tended to save her labor, nor has it embodied the new principles which have become firmly established. Many agencies have set themselves up as authorities, and have filled newspapers and magazines and books with advice and directions in a confusing array. The Department of Agriculture has done a most valuable and commendable work in preparing and distributing

**Sources of
Information
for the
Housewife**

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Sources of
Information
for the
Housewife

literature for the education of the woman in the home, and its bulletins have always been written by experts in this field and were abreast of the times. The extension workers of this department and in Universities and Colleges have accomplished an immense amount of good. There is no group of teachers who are more keen in keeping informed on the scientific literature, and they well deserve the confidence and patronage which they are receiving. The interpretation of the problems of nutrition found in these pages is essentially that now generally recognized by teachers.

Over
Emphasis
on Attractiveness of
Food

In the columns of newspapers and magazines devoted to the home we see daily an unending series of new recipes for the preparation of novel dishes. This is a movement in the wrong direction. It tends to cultivate an unfortunate practice of seeking after novelty in appearance of foods. It over-emphasizes the importance of attractiveness of service, and entices the woman in the home to give time and effort to making fancy dishes, when her efforts could be much better spent in other ways. Children who grow up to be accustomed to never ending variety in foods acquire false and useless standards. The young wife who must do as well as her mother-in-law is said to have done in making things which are good to look at and to taste is frequently much closer tied to the kitchen than is necessary or desirable in order to furnish wholesome and nutritious food, and is robbed

Not
Necessary
to Compute
Calories

of her right to leisure which she might well employ to her advantage in other pursuits. Americans should return to simplicity in diet for the relief of the housewife, and for the good of their children. Any plan which urges the mother of the family to keep note of the calories consumed by her family should be discouraged, since it adds to her mental labors instead of affording relief. Satisfactory nutrition can be se-

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cured for the family without this or the solution each day of a scientific problem in trying to properly adjust the protein and energy intake to the individual needs of every member of the family. A movement in the direction of simplifying the work of the kitchen is much needed.

It is true that in many institutions such as orphanages, prisons and asylums the inmates do not eat enough, either because they cannot get it, or because the quality is so unsatisfactory that the appetite fails. It is also true that even in good homes a child may fail to eat enough because of fatigue from lack of sufficient sleep, or because of excitement due to apprehension that it will fail to reach school on time, or fail to prepare a lesson. Children who live so far from school as to make it barely possible for them to reach home, eat and return to the school house during the noon recess, cannot be expected to eat in the proper frame of mind, and doubtless in many cases such children do not eat enough. All children should be weighed at regular intervals, and any failure to increase in weight at the rate which is normal for their ages, should be regarded with alarm and all possible causes inquired into and the actual cause removed when discovered. A satisfactory food supply and proper eating habits will not alone guarantee health. They must be supplemented with other good habits. Proper rest periods, proper exercise, good hygienic surroundings and peace of mind, each play an important role.

The view has been accepted at the outset that while there is danger of over-eating by those with little judgment or self-respect, there is none that a normal person in health will fail to eat enough when food is available and presented in an attractive form. We can trust to the appetite to serve as a guide when the diet is properly made up to the amount of food

**Appetite
Should
Regulate
Quantity
of Food**

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which should be eaten. Those who work hard during the forenoon seldom fail to react at the dinner table with an appetite sufficient to insure their covering a possible deficit of calories which might be expected to follow a repetition of the same active work in the afternoon. Those who do not do manual work do not as a rule have the gigantic appetites of laborers, and if they eat as do the latter, they ultimately suffer from it. It is doubtful whether the housewife has ever restricted the food intake of her family by preparing for them the amounts of food which her mathematics and tables determine to be their individual needs. In the well regulated household there is always available some article to satisfy the appetite of a member of the family circle who may, because of unusual activity, want more than his usual amount of food. Why not take the appetite as a guide at the outset and ignore calculations of all kinds?

**Energy Not
the Most
Important
Factor**

Scientific research has fully demonstrated that the view which was universally accepted a few years ago, viz. that the protein and energy needs of the body are the two most fundamental factors in nutrition, is erroneous. In the older literature foods were selected solely on the basis of their chemical composition and fuel value, and the commonest comparison of the feeding of an individual was with the stoking of an engine. Standards were adopted for the protein and energy requirements of the individual on the basis of age, sex and amount of work performed. This system remained in vogue for want of anything better. It was based on sound scientific facts, so far as it went, but these facts were of a nature which made them of little value for the immediate needs of the one who plans the daily diet. While data of this kind still remains of great usefulness in the estimation of large purchases of food for groups of persons, the family group is so small that suitable amounts of

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food can easily be estimated with the eye by the experienced purchaser. This system did not, we now know, take into account all the factors which must be considered in the choice of food, but it had other defects as well.

Chief among these defects was the view that the woman who plans the meals must keep rigidly in mind several matters such as the special needs of different members of the family group, the working man; the sedentary man, his fatness or leanness; the child in school; the aunt with a tendency to overweight; and grandfather who is getting old. Such a demand on a housekeeper who has all the usual household cares on her mind defeats its own end, and after an excursion into the literature of nutrition she usually reverts to the old and well tried method of providing the things which experience has taught her her family likes, and she gives them as much as they want.

**Tendency to
Overweight**

We have failed to find any evidence either in animal experimentation or in human experience to warrant the belief that there is any essential difference in the character of the diet which will best support well-being in persons of different ages. It is true that certain foods which are not suited to the delicate digestive tract of the infant or young child can be safely taken by an adult. It is by no means certain, however, that the adult will be well nourished and his vitality maintained at a high level by diets which are unsuited to the child of four or five years. Indeed, there are strong reasons for believing that such diets as maintain normal growth and vigor in children past infancy are physiologically superior to any which would not fulfill these requirements. There is no satisfactory evidence that the character of the diet should be changed when growth is completed. It is advisable, in order to make use of certain foods

**Adult's Diet
Should
Promote
Growth in
the Young**

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which can be produced economically, for the adult portion of the population to use to some extent foods which are not suitable for infants or young children, for it seems that this can be done without detrimental effects by following very simple rules for combining them so as to make good each others deficiencies.

Instruction of Children in Nutrition

The mother of a growing family has it in her power to educate them according to their capacity to become normal human beings. Young children should be restrained from incessant eating, and the same restraint should be continued during the adolescent period when the boy or girl, overflowing with animal spirits, and active in out-door activities, would frequently, if left to their own choice, take food at any time it is available. In the schools, as well as in the home, children should be taught what kind of a diet best promotes health, and the dangers to health and happiness in later life which follows the violation of the laws of nutrition. Failure to develop a normal appetite for wholesome foods at meal time as the result of taking all but worthless soft drinks and confections, and of eating candy regularly between meals, may be reflected in any abnormal craving for more of the articles which delight because of their appearance, taste and odor, when in reality it is a sign of abnormality due to faulty nutrition. If the effects of such transgressions were more prompt and more severe, their seriousness would be more often appreciated by parents. Unfortunately their effects are slow and cumulative, and their future menace seems too remote to exert much corrective influence.

The central idea in the system of diet provided by the menus for the entire year which are presented in this book is that it is possible to substitute for the type of instruction which has been given in the past to the housewife, and which requires her to learn something new and difficult, a plan which saves her the

WHAT SHALL WE HAVE FOR DINNER?

task of continually exercising ingenuity in planning succeeding meals. At the same time it assures her that the diet presented to her family at every meal time complies with all the requirements of physiology so far as our present knowledge makes possible. The almost universal tendency to constipation and its debilitating effects have been kept constantly in mind, and the menus regularly contain articles which tend to correct it. The amounts of meats served will fall decidedly below that common in many households, and the cheaper cuts have been introduced as far as seemed consistent with the serving of attractive food. There has been a distinct effort made to make the flesh foods go as far as possible in conferring palatability on vegetable foods, and a more liberal use of milk is assured than is common in the average American home by the regular introduction of milk into cookery. This in itself cannot fail to improve markedly the quality of the diet over what is now in daily use almost universally in this country. In addition it may be claimed for the menus presented that they are of such a nature as to satisfy the appetite of anyone whose esthetic demands for food are not over fastidious. At the same time they are not so tempting as to encourage over eating.

**Central Idea
of the Plan**

Foreign and meaningless names of dishes have not been used, and this we believe requires no apology or defense. The spirit of Americanism has grown greatly in recent years, and it is time that it should be reflected in the household books on diet.

**No Foreign
Terms**

Since the object is to simplify the work of feeding the family throughout the year so as best to promote its health, and at the same time to give the housewife as much respite as possible from the kitchen, very few dishes are included which require great expenditure of time or labor. Simplicity of service has also been kept in mind with the same end in view. To the

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**Simple
Foods and
Simplicity
of Service**

woman who finds her greatest pleasure in life in setting an artistic table, and who really likes to spend much time in making fancy dishes, this idea may not appeal, but to the judicious woman who realizes the importance of having both a profession and respite from it for recreation and self improvement, a plan for efficiency in her business, and shorter hours of work cannot fail to be welcome.

It was deemed inadvisable to enter into a discussion of the diet of the sick. Rather, it is aimed to prevent disorders of metabolism which result from violation of physiological laws by preventing errors in diet. A simple discussion of the common elements of danger in the handling of food of infants, and well established facts concerning why food should be properly handled, is included because an understanding of these matters should be a part of the stock of knowledge of every mother. A discussion in non-technical language of the properties of each of the more important foods, and the requirements which must be met in human nutrition, is included in order to give the housewife an appreciation of the theory on which the diets which she serves are formulated. This cannot fail to add interest in her work.

WHAT SHALL WE HAVE FOR DINNER?

CAPTER II.

THE RELATION OF THE DIET TO HEALTH

The span of human life has been nearly doubled during the last century and a half because of the operation of several factors. Living conditions have been improved through sanitation; water and milk supplies have been rendered nearly safe; the fly nuisance abated, and thereby typhoid fever greatly reduced; mosquito control has eradicated yellow fever and has in certain localities greatly reduced malaria. Preventive medicine has worked wonders in producing immunity against several diseases, and progress in this direction is still being made.

Hygiene
Tends to
Prolong
Life

Much, however, remains to be accomplished in alleviating the sufferings of mankind. The mortality records show a marked decline in the power of American workers to withstand certain influences in modern life. This is manifested in an extraordinary increase in the death rate from breaking down of the heart, hardening of the arteries, the development of diseases of the kidneys and an increase in nervous and digestive disorders.

These diseases are developing in younger people with each succeeding decade, and now reach down into middle life, and are increasing in people of all ages. They are old age diseases, and yet among the 410,000 people who die annually from them, 60,000 die under the age of forty years; 105,000 die between the ages of forty and sixty years, and 245,000 die above the age of sixty. Tuberculosis causes every year about one-tenth of the total death rate, and little if anything has been accomplished in reducing its prevalence. There is no better treatment for this disease than rest, fresh, clean, cold air, and good feed-

Old Age
Diseases

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ing. The recovery of thousands under this regime attests its value. There is little doubt that bad living conditions and especially the adherence to a diet of poor quality, lowers the vitality and renders people susceptible to the disease, and is in great measure responsible for its wide spread occurrence.

Not only is the span of life shortened by these old age diseases, but the productive period of life and the capacity of the individual are reduced. Accidents, damaged products and ruined machinery, as well as physical discomfort and mental suffering, are the price which society is paying for living in such a way as to foster the early degeneration of the body tissues and consequently early loss of youth. They are the causes of inaccuracy, lack of efficiency and lack of success. The records show that the mortality from these old age diseases has increased nearly one hundred per cent. in thirty years. There can no longer be any doubt that faulty nutrition is one of the most important factors contributing to this condition.

Early
Aging
Increasing

Early aging is manifested not only in the ways just mentioned, but is reflected in the character of much of the advertising matter in our newspapers and periodicals. There is no more promptly appearing sign of poor nutrition than loss of the normal texture and quality of the skin. The numerous expensive spaces devoted to describing the virtues of facial soaps, beauty lotions and skin foods, reveal the profit arising from an appreciation by manufacturers of the extent to which the women of America today are observing in their mirrors skins which have lost the quality seen in the faces of well nourished school girls in the primary grades. It is further reflected in the elaborate displays of hair of shades characteristic of youth in the windows of every city; in the scores of different remedies for constipation; in cures for bald-

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ness, and in the financial success of magazines devoted to physical culture.

These and other causes for uneasiness to so large a portion of our population reveal the need for a full appreciation of the kind of habits of life which will conserve better than we are now conserving the buoyancy of childhood and adolescence, which but occasionally remain long with either men or women after growth is completed. It is time to present to our children, in practical form, the best advice possible in the light of modern nutrition studies, concerning how to live so as to promote health and vigor, and to preserve as long as possible the characteristics of youth. One of the most important means of preventing the deterioration of the body is through proper nutrition.

Poor physical condition is by no means restricted to recent years in this country, nor is it necessarily due to modern conditions of city living. Many will recall how our grandmothers insisted on the frequent treatments with sulphur and molasses; the periodical dosing with bitters, and the efficacy of sassafras tea in the spring as a means of "thinning the blood", which was supposed to become impure and thick during the winter. Among our pioneer ancestors the idea was generally accepted that there was a need for a spring medicine of some kind. There can be little doubt that this belief rested on common experience. We know that in the early settlement of many of the states the people suffered great hardships. With little capital and no food reserve, their winter diet was generally very simple and monotonous, and there is good reason to believe that it was chemically unsatisfactory for the maintenance of health. After a period of several months during each succeeding winter they felt "run down,"

**Faulty
Nutrition
Not New**

**Former
Demand
for Spring
Medicines**

THE AMERICAN HOME DIET, OR

The Restricted Winter Diet

and when spring came the prevalence of "that tired feeling" which the almanacs which were circulated by patent medicine concerns made such profitable use of in convincing people that they needed a course of treatment with sarsaparilla or a "spring tonic" or other "blood purifier," was so universal that it established the belief that winter was an unhealthful season. If one now investigates the same communities where a few years ago this condition was regularly observed, one finds prosperous farms, well supplied with dairy heads, orchards and all the signs of moderate prosperity. There is much less pronounced difference between the winter and summer diet, for these reasons and because of the abundance of canned fruits and vegetables put up at home or easily procurable from the grocery stores. These changes have caused the disappearance of the tired feeling in the spring (or better, at the end of winter), and consequently the need for spring medicines.

Effects of the Spring Diet

The vendor of spring medicines had a powerful ally in the spring diet of his customers. With the coming of warm weather various "greens" were available and were eagerly sought after. Sorrel pies, wild onions and dandelions came from the prairies and were added promptly to the food supply. The cows, which because of their starved condition had been dry all winter, became fresh and milk was available. The few hens in the barnyard added worms, insects and tender grass to their diet and began to lay eggs. The garden came on and fresh vegetables were abundant and were eaten with a relish which can be appreciated only by one who has for a period been semi-starved. The tired feeling disappeared about this time, but the regular spring remedies had been taken, and the beneficial results of better diet were wrongly attributed to the efficacy of drugs.

WHAT SHALL WE HAVE FOR DINNER?

It is only within the last four or five years that anyone could say what constitutes a satisfactory diet, but we now know definitely that the regular diet of a large portion of the people of the United States is

**New
Knowledge
of
Nutrition**

The diet of rat No. 1 consisted from weaning time of bolted wheat flour 20, degerminated cornmeal 10, cooked and dried potato 30, peas 10, navy beans 10, beets 5, turnips 5, and cooked and dried beefsteak 10 per cent.



When photographed it was 308 days old. The life of the domestic rat is about 3 years, and this animal corresponded approximately in age to a man of 28 or 30 years. Note the small size, thin hair, and general old and miserable appearance. This diet afforded wide variety, has an appropriate chemical composition insofar as analysis could show, was palatable, and included only natural food products of recognized wholesomeness, and from both animal and vegetable

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falling short of maintaining satisfactory nutrition. Our knowledge of nutrition has been gained wholly by experiments on animals. The information thus gained has enabled us to study the quality of the

sources. Notwithstanding these facts, the nutrition of a group of animals restricted to this food supply was very faulty.

Rat No. 2 was the same age as the one above, and had been fed on the same diet from weaning time, except for one



modification; its diet consisted of bolted wheat flour 20, degerminated cornmeal 10, potato 24, peas 8, navy beans 8, turnips 5, beets 5, beefsteak 10, and dry whole milk (Merrill-Soule Company) 10 per cent.

The addition of milk to the diet of rat No. 2 in the lower picture made the difference which is illustrated by the photographs. The one which received the milk was youthful, vigorous, and much larger than the one receiving the same food without it.

WHAT SHALL WE HAVE FOR DINNER?

dietaries used by man in a manner which would otherwise have been impossible. The effects of different kinds of diets on man can best be understood by an illustration of the effects of certain combinations of foods on animals.

It has been found impossible to nourish laboratory animals satisfactorily on any diet which is derived entirely from cereals (wheat, oats, corn, rice) and other seeds; tubers such as the potato, edible roots such as sweet potato, turnip or beet, together with meats which are derived from the muscle tissue of animals (ham, steak, etc.). Even when fed a diet containing wheat flour, corn meal, peas, beans, potato, turnip, beet and round steak, young animals have always failed to grow to more than two-thirds of their normal adult size, and they grew more slowly than they were capable of growing. They produced but few if any young, and almost never succeeded in keeping the few which they have produced alive through the nursing period. Before animals which were fed on this diet were more than a quarter through the normal span of life of well fed individuals, they were rough looking and thin haired. The skin was rough and dry, and they had all the appearances of extreme old age and were ready to die by the time they were a third through the span of life normal to the species.

**Seeds,
Tubers,
Roots and
Meats Not
Sufficient**

The same diet with a liberal supply of milk added produced a remarkable contrast in a similar group of animals fed at the same time. This is well illustrated by the appearance of one of the animals from each group. (See pp. 15-16) The above described diet of cereals, peas, beans, tubers, roots and meat is also remarkably improved by the addition of such leaves as celery tops, spinach, cabbage, turnip tops and other **green vegetables**. It is obvious from these results that there is some remarkable difference be-

**Importance
of Milk
and Green
Vegetables**

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tween the dietary properties of leaves or of milk as contrasted with any of the ordinary seeds, tubers, roots and lean meat which are so commonly used as food for man and animals. By appropriate experiments it has been possible to determine wherein this superiority of milk and leaf lies.

**Some
Proteins
Have Little
Value**

It has been learned that the proteins of the cereals and of beans and peas, tubers and edible roots are of rather poor quality because they do not yield sufficient amounts of certain of the simple digestion products which are formed in the stomach and intestine. These digestion products are the building stones of which the muscle tissues are made during growth. Unless the right kinds with respect to size and shape are furnished by the food proteins the exact pattern on which the muscle must be constructed cannot be formed, and in this case growth is interfered with.

**Mineral
Salts Very
Important**

It has long been known that several mineral elements such as those in common salt, lime, phosphorus, iron, etc., must be furnished by the food. It was not appreciated until recently, however, that many of our commonest food-stuffs do not contain enough of certain of these, especially lime, to meet the requirements of a rapidly growing young animal. Seeds, tubers, roots and lean meat are all poor in lime, and the milling products of wheat, corn and rice are also very poor in iron and phosphorus. Animals have been found to be surprisingly sensitive to a shortage of any one of the mineral elements which are indispensable, and are seriously injured if allowed to go with too small a supply.

During the last few years it has been discovered that there are three substances of remarkable interest which the diet must supply, which were not suspected to exist until recently. They are remarkable in the fact that but a surprisingly small amount of each is

WHAT SHALL WE HAVE FOR DINNER?

necessary to meet the needs of an animal, but even the small amounts which cannot be dispensed with are not present in many foods. One of these will not take the place of another. All must be supplied. When one or another of these three substances is absent from the diet, or is furnished in inadequate amount, there results a peculiar disease. There are three of them, and they have come to be called "deficiency diseases." Each is the result of the lack of a single substance. These interesting food units have been given an unfortunate number of names. They have been called vitamins, accessory food substances, fat-soluble A, water-soluble B, water-soluble C, etc. No less than twenty-five variations in the nomenclature of the three have come to the attention of the authors. A brief account of the so-called deficiency diseases follows.

**Newly
Appreciated
Dietary
Essentials**

SCURVY. This is a disease due to faulty diet. It has ceased to be common in recent times, and is now met with chiefly in babies who are not properly fed. Occasional cases are met among Arctic explorers, and the disease is common among prospectors in Alaska. It was very common among sailors in the 16th and 17th centuries, because of the very poor quality of the diet which was furnished them on ship-board. Scurvy is prevented, and when not too far advanced can be cured by eating fresh vegetables generally. Orange juice, lime juice and lemon juice, fresh cabbage, raw potato, onions and tomatoes enjoy the special reputation of being of exceptional value in the prevention and cure of the disease. Scurvy is a very serious disease. The teeth become loose and the gums spongy. The latter bleed easily and the capillary blood vessels in the skin on various parts of the body rupture and cause hemorrhages in spots. The patient suffers great pain and weakness. The disease is liable

**Fruit
Juices and
Raw
Vegetables
Prevent
Scurvy**

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to develop in anyone who lives for several months exclusively on cooked, canned and dried foods, no matter how abundant the diet or the extent of its variety. This is illustrated by the serious outbreak among the British troops in Mesopotamia in the great war.

**Diets Which
Produce
Scurvy**

Scurvy is easily prevented by the inclusion in the diet of moderate amounts of fresh, unheated fruits or vegetables, or by using raw milk. Considering the number of people who derive almost all their food supply from wheat flour, corn meal, rolled oats, breakfast cereals, beans, peas, potatoes and meats, all of which have been thoroughly heated, it seems rather remarkable that this disease is not more common than it is. It seems probable that many people come very close to the minimum intake of the protective substance for scurvy (the antiscorbutic substance) which allows them to escape having the disease by a narrow margin. The above list of foods may be supplemented by canned milk, cooked cabbage, butter or butter substitute, molasses, prunes, raisins, canned fruits, cheese, macaroni, crackers and canned foods of almost any description, and yet the diet will contain so little of the antiscorbutic substance that a person who adheres to it for several weeks or months will be in danger of developing scurvy, although he may just escape. The occasional outbreak of this disease in garrisons, prisons and besieged armies illustrates this fact. Those who will take the trouble to learn how very great a part of the total food supply of many employed persons is derived from the list of foods just given; foods which the grocer can handle without danger of loss because they are marketed in a nearly non-perishable condition, must realize how narrow is the margin of safety against scurvy in such cases. The purchase of some fruit such as apples, pears, peaches, oranges, bananas

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to be taken raw, or the use of raw tomatoes, lettuce, celery, nuts, etc., in salads, cabbage to be eaten as cold slaw, cantaloupe, etc., is economy in the interest of health. They serve a specific purpose which is important because of our modern food habits.

XEROPHTHALMIA (Pronounced ze-rof-thal-mia) of a certain type is an eye disease due to faulty diet. The substance which protects against it is not abundant in any of our ordinary foods except in butter and egg yolk. It is associated with the fats in these foods, but strange to say it does not occur in any of the vegetable fats or oils. It is less abundant in the leaves of plants, but is found nowhere else among our ordinary food-stuffs in sufficient amounts to meet the needs of either a growing child or an adult.

**An Eye
Disease
Caused by
Faulty
Diet**

In this deficiency disease the eyes become inflamed, the lids swollen, even to an extent which prevents their being opened. The coats of the eyeball frequently rupture, and the contents of the eye are expelled. Blindness will result in a short time if the diet is wholly lacking in the protective substance. It is relieved in its early stages in a very spectacular manner by feeding butter, cream, egg yolk, such glandular organs of animals as liver and kidney, and likewise by the liberal use of leafy vegetables. Although this disease has not been at all common in this country, at least fifteen hundred cases have been observed in Japan, and sixty in Denmark. In Japan the diet of the children consisted too largely of cereal foods, and in Denmark the trouble was confined to infants and young children who were fed exclusively on separator skimmed milk. Many of these children promptly recovered when given whole milk, or cream mixtures. Blindness due to malnutrition appears to have resulted frequently among children in some parts of Europe devastated by the war.

**Butter,
Cream and
Egg Yolk**

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Night Blindness

Several reports are to be found in the medical literature of a condition called night-blindness, which afflicts men living in lumber camps and elsewhere whose diets are limited to a short list of foods such as wheat flour, beans, meat, tea and coffee, with only occasionally other additions. This condition is common in Newfoundland, where a large part of the seafaring population restrict themselves to the simple diet just mentioned. It seems highly probable that this condition represents the beginning of the disease which we are discussing. The common remedy for it in lumber camps is drinking of milk or the consumption of cheese. This new discovery in nutrition emphasizes the importance of including dairy products in the diet. Milk is the cheapest and most efficient food for supplying the substance which protects against this type of malnutrition.

Beri-beri

BERI-BERI is a deficiency disease which occurs widely distributed over the world. It occurs most frequently in the Orient, especially among the poorer classes whose diet is very simple and monotonous. It afflicts especially those who eat polished rice as the chief cereal, and who make the remainder of their diet largely fish or meat. It is common in Laborador and Newfoundland and among people who eat little else than wheat bread made from bolted flour, fish and salt meats, tea, and occasionally duff with raisins. The disease is common in South America among natives and groups of laborers who are fed by their employers principally on staple, non-perishable cereal products and meat.

The principal manifestation of beri-beri is a general paralysis. Animal experimentation has demonstrated that the only foods which are entirely lacking in the substance which protects against this type of malnutrition are polished rice, starch, sugar, glucose and the fats and oils from both animal and vegetable

WHAT SHALL WE HAVE FOR DINNER?

sources. Bolted wheat flour, degerminated corn meal, certain breakfast cereals, macaroni, spaghetti, tapioca, hominy made by the present commercial process, steak, ham and other cuts of meat which come from muscle tissue, fish and fowl muscle, are all very poor sources of the substance which protects against this disease. Ordinary cooking, or heating sufficient to preserve foods in canning does not greatly decrease their value with respect to this protective substance. Beans, peas, raw and cooked vegetables of all kinds, milk, eggs and fruits are all good sources of this food complex.

It should be emphasized that the faulty character of the various articles mentioned above in connection with the prevention or cure of any of the deficiency diseases, does not indicate that these are not good and wholesome foods, and does not indicate that they should not enter into the diet of man as they have done in the past. These foods which are deficient in one or another respect, form our staple articles of diet. Many of them are among our most important agricultural crops and we should continue to make use of them freely. The thing to be kept in mind is that nearly all of our common foods are deficient in some degree in one or more respects, but that the shortcomings are not the same in different classes of foods, so that by using suitable combinations which supplement each other in the proper manner, highly satisfactory diets can be secured.

**Safe to Use
Faulty Foods
in Right
Combina-
tions**

We should avoid the use of diets which, while not sufficiently faulty to produce a condition which can be recognized as a breakdown of the type of one or another of the so-called deficiency diseases, may yet be so faulty as to bring the individual into a state of chronic nutritional instability. There can be no doubt that such a condition is common at the present time, and in providing a list of menus for the entire year,

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Faulty Diet and Chronic Nutritional Instability

such as is listed in later pages of this book, the object is to do away with such a danger. Avoidance of error in the selection of foods which will properly supplement each other so as to insure good nutrition, demands a somewhat extensive knowledge of the principles of nutrition, and of the peculiar quality with respect to each of the several dietary factors of each of the articles which enter into the day's ration. Such knowledge cannot, for some time, if ever, become familiar to every housewife. Even if she possessed it, in order to be successful she should have to give a degree of attention to the planning of each meal which would be a burdensome task.

Rickets Causes Faulty Bone Growth

RICKETS appears not to be a deficiency disease in the same sense that scurvy, xerophthalmia and beri-beri are, but it is directly the result of faulty nutrition in young children. Starvation for lime salts is one of the predisposing factors, but a poorly constituted diet aggravates the tendency toward the development of this distressing condition. Faulty bone growth is the most noticeable feature of the disease. Heated milk, which includes canned milk and boiled milk, if fed to an infant continuously for a considerable period will place the child in jeopardy, and the danger is increased by liberal feeding with cereal foods. Many babies doubtless escape an attack of rickets when confined to a faulty diet, merely by reason of escaping acute digestive disturbances which may be caused by dirty milk. The disturbances of digestive function so frequently caused by unclean food, weaken the child and interfere with its nutrition to an extent which turns the balance against it.

WHAT SHALL WE HAVE FOR DINNER?

CHAPTER III.

The Relation of Faulty Nutrition To Early Loss Of Youth

It is possible for man to live exclusively on a diet of flesh, and indeed the Eskimo subsists almost exclusively on food of animal origin. He could not live on steak and ham as his sole food supply however. The secret of his success, such as it is, lies in the use of blood, bone marrow, the glandular organs and the soft bones of frozen fish, along with muscle tissue and a large amount of fat. Studies on laboratory animals have clearly established the fact that only by such dietary habits can the carnivorous diet succeed, but while such a food supply may sustain life, it is not satisfactory in promoting good nutrition. It is characteristic of all exclusive flesh eaters, both men and animals, that they are active, aggressive and persevering only when hungry. When they have been fed they become lethargic and dull. Dr. Grenfell says in his book on Labrador, that the Eskimo will not catch one fish while a white fisherman will catch ten.

**Man Can
Live on
Animal
Tissues
Alone**

It is now definitely established that there are but two kinds of diets suitable for people in regions where agriculture is possible, which are satisfactory for the maintenance of health and vigor over a long period, viz.: those which contain either milk or the leafy vegetables in suitable amounts.(*). Since there are certain deficiencies from the dietary standpoint in all seeds, tubers, roots and lean meats, and it is necessary to add to any assortment of these, either milk or the leaf of some plant, in order to make them

(*)For an extended account of the results of nutrition studies with animals and their bearing on the nutrition of man, the reader is referred to *The Newer Knowledge of Nutrition*, by E. V. McCollum, The Macmillan Company, New York, 1918.

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The
Protective
Foods

dietetically complete, we have designated milk and the leafy vegetables the **protective foods**. To some extent eggs may also be regarded as a protective food, but eggs are not so good a source of lime.

Faulty
Menus
Common

In the light of such experimental data obtained with animals it is interesting to note that a menu of veal cutlets, boiled or baked potatoes, buttered peas, gelatin salad, bread, butter or a substitute for it, mince pie and coffee, would be recognized by the average family as a satisfactory dinner. This menu is derived entirely from a meat representing muscle tissue; a tuber, potato; a legume seed, pea; gelatin, a protein from meat or bone; a cereal, bread; meat and fruit from which mince meat is prepared and a fat, butter or a substitute made from animal or vegetable fats. Such a diet cannot be regarded as satisfactory for the maintenance of health, although it complies with the older standards of chemical composition which were supposed to be adequate as a basis of judgment. We now know that it is necessary to make our selection of foods from **certain sources**, as well as to be sure that the diet contains enough of all the substances which we know how to estimate chemically, in order to have it complete. It is a simple matter to modify the above menu so as to greatly improve its value. If breaded cutlets (dressed with egg and bread crumbs), mashed potatoes to which milk is added, creamed peas, gelatin salad, bread and butter and caramel custard are substituted, the meal would not differ appreciably in attractiveness and palatability from the former, yet it would be decidedly superior to it for the maintenance of health.

It is well known to those who have inquired into the matter, that there are thousands of American families who are using little or no milk, and who eat practically no green vegetable other than an occasional serving of cabbage. We in America have

WHAT SHALL WE HAVE FOR DINNER?

developed a system of diet which is fairly good in by far the greater number of homes throughout the land, because nearly or quite enough milk and its products are used. In most instances, however, the diet would be further improved by the use of more milk, and nearly every family in the land is taking far less green vegetables than it should. In many of the large cities the consumption of milk per person averages less than a pint a day. Since all children in families where intelligent care is given them are furnished about a pint and a half or more each per day, and a considerable number of adults in good homes take a similar amount, it must be true that many homes use little or no milk regularly. Direct inquiry has shown this to be the case.

**Not Enough
Milk Is
Used**

Green vegetables, generally speaking, are very expensive, as are also fruits. To some extent the excellent dehydrated products now available could be used to great advantage and doubtless will be as soon as the public learns how highly the processes of dehydration, with the preservation of the appetizing qualities of the fresh articles, have been perfected. At present fruits are eaten but sparingly in many households because of their cost. They are highly desirable for the reasons which have been discussed. It is certain that the food supply now commonly used in thousands of households would not support any species of animal in a state of health over a very great fraction of its span of life. There is much direct evidence that such diets as are now common do not maintain health and vigor in adult human beings, much less do they lead to normal development in a growing child.

**Leafy
Vegetables
Have
Remarkable
Value**

In considering the effects of a diet which is more or less faulty, but of sufficiently good quality to prevent its evil effects from becoming promptly noticeable, we must take into account the life history of the

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Effects of Faulty Diet

individual. In experimental animals it is found that such diets as do not contain the protective foods lead to early aging and short life, and that the life is ordinarily terminated by diseases such as tuberculosis or pneumonia. The animals may appear to be in fairly good condition for weeks or months, according to the length of life of which the species is capable, but their lives are terminated at a quarter, a third or a half of the span which they might reach if they were well nourished. A period of debility precedes death, and when the vitality reaches a certain low level they become the prey of infections which carry them off. The effects of faulty diet are present before they can be recognized by any outward sign. Nervousness and irritability are many times the first noticeable symptoms, and following these the poor condition of the skin and hair attract attention. In all these respects we have the counterparts in man.

Baby Should Be Nursed

A typical life history of an individual may be somewhat as follows: In infancy it is nursed for a short time, but because the mother does not have an adequate milk supply or on account of the inconvenience of nursing, the child is placed on bottle feeding. For a time it thrives on cow's milk, but is accidentally given a bottle of stale or dirty milk, which causes an attack of indigestion followed by diarrhea. A physician takes it off of a milk diet, substituting a cereal water for a few days, then gradually replaces the latter by milk and the infant begins to grow again and is apparently normal. The milk is, however, frequently not clean and fresh, and the baby suffers more or less from indigestion, is fretful and does not get enough rest and sleep because of its discomfort, and accordingly does not grow as fast as it should for considerable periods. Its delicate digestive apparatus is more or less debilitated by irritation from unwholesome decomposition caused by the action of certain kinds

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of bacteria which should never have been allowed to enter it. Its capacity to digest and absorb food is lowered, and the child may suffer from a slight attack of rickets which result in its legs being somewhat crooked in later life. As it grows older and is given eggs and fruit and cereal with its milk it develops better, but is always somewhat under weight, a little pale and not so energetic as it should be. When just out of infancy many children are allowed to eat meat, and too much sugar or syrup. Sometimes, because of being given milk which is stale and bad flavored they form a distaste for it, and are allowed to go without it. No effort is made to cultivate a liking for spinach, cabbage or other green leafy vegetables, and the result of one or all of these abuses is an under nourished child.

**Babies Are
Often
Injured by
Improper
Feeding**

After passing out of infancy the child may be allowed to continue the faulty eating habits just described, and in addition, to eat between meals and so spoil its appetite when it comes to the table. Meats and sweets are eaten entirely too freely, and the remainder of the diet may consist largely of bread and butter and potatoes. Such eating habits fail to make the child develop normally at a time when the permanent teeth are forming, and the foundation of life-long dental troubles are laid. We have become so accustomed to see children whose physical development is distinctly below what it should be that as a rule parents do not feel a sense of guilt for a condition in their children which is wholly the result of their own neglect of duty. To be sure it is the result of ignorance, or indifference, but the outcome of their failure to meet their obligation is, nevertheless, a life-long tragedy for their offspring.

**Wrong
Eating
Habits in
Children
Cause
Injury**

The housing together of a large number of children in the schools exposes them to colds, and all the common children's diseases, and makes it practically

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**Hygienic
Conditions
Are Also
Important**

certain that all will have measles, whooping-cough, chicken-pox, mumps, and repeated colds of a contagious nature. These could be greatly reduced if greater attention were given to preventing the attendance of school by sick children, but at present there seems little hope of greatly reducing this menace to the health of the child. All diseases are a menace to future health, and add to the probability that the tonsils may become infected, or that catarrhal conditions of the nose and throat may become established, or that tuberculosis may be contracted. Sleeping in closed rooms and lack of fresh air and exercise during the winter months all tend to debilitate the child, and to render it less capable in later life than it might have been.

**More
Attention
Given to
Proper
Feeding of
Farm
Animals
Than to
Children**

In the better class of American homes a sufficient amount of milk, eggs and ice cream, and of fruits and vegetables are used to make it possible for children to grow up to what appears to the average observer a fairly normal physical condition, because our standards of what constitutes normality are low. Such standards are in general what we are accustomed to, rather than standards based on a careful consideration of what can be realized. It is high time that every mother should know as much about feeding her family as the thousands of successful farmers now know about feeding live-stock. In the barnyard the money factor has been sufficient to cause reform, but too many mothers are giving a large amount of thought and time as well as labor to solving the problem of dressing themselves and their children attractively, while leaving their physical development entirely to chance. Physical vigor is the fundamental basis of health, enjoyment, achievement and long life, and every consideration should be subordinated to securing it.

WHAT SHALL WE HAVE FOR DINNER?

At the period of life between fifteen and thirty years of age, most people enjoy their best health. The powers of resistance and the capacity to digest food are greatest at this time. Freedom from illness and the ability to recover promptly from the effects of loss of sleep or of fatigue foster the idea that various violations of the laws of hygiene and nutrition are matters of little importance. Young people over eat of any palatable food and eat at irregular intervals, with so little evidence of any unfavorable effects that they see no reason for giving any thought to habits of right living. But as all persons advanced in years know, this happy freedom from accountability for violation of the laws of health does not last many years in most cases.

Most people past thirty begin to realize that they cannot do certain things without discomfort, which formerly they did not notice. The man of thirty to forty years who is engaged in some occupation which affords little opportunity for exercise in the open air generally becomes aware that his digestion is not so good as it once was, and that he does not have his former energy. For years meat, bread and potatoes have formed the bulk of his diet, other things being secondary and irregular additions. Meat is good and he has eaten it freely and regularly. At first he attributes his failure to dispose of his food as he formerly did solely to lack of exercise, and he begins to walk to his work or at least part of the way, when formerly he rode. His physical condition is on his mind more or less daily, and he talks to an acquaintance with whom he falls into company on his way to work, about how he is walking to keep himself fit. This change does benefit him, but there is still something wrong with his feelings and digestion, and he begins to eat more sparingly. This seems for a time to be all that is necessary to keep him in a state of

**Many Lose
Their Vigor
too Early**

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well-being. But his hair grows thinner, until an unmistakable bald spot appears. His skin shows wrinkles. If his ancestors were fat his waist measure increases; if they were thin he grows more shadowy, and if his digestion is more impaired, assumes the mien of the dyspeptic. In either case he thinks daily of his physical condition, and there is a growing tendency for him to keep conscious of the manner in which his digestive apparatus is disposing of its last installment of food. He notices that little things irritate him, which formerly he would not have observed. He would not admit that his health is failing, yet he takes up golf, or cultivates a garden because he feels better as a result. Months or even years may go by with little noticeable change in his condition. Yet the tendency to introspection is there, and at forty-five he seeks additional life insurance, and to his surprise is refused.

He now begins to take notice of the "How to keep well" advice in the newspaper, and peruses the advertisements of books on health. His future course depends in great measure on the kind of literature on diet which he reads. He may try thorough mastication, which someone recommends as a panacea for all ailments due to faulty nutrition. He chews each morsel until his deglutition mechanism automatically snatches it from his control. He announces that this new discovery benefits him greatly, but nevertheless, quietly discontinues the practice after a time.

The Low
Protein
Diet

He may learn from his reading that a low protein diet makes for health and efficiency, and that the best method of attaining this end is to abstain from meat. He tries it and feels better for a time, but his appetite gets the better of him and he cannot refrain occasionally from eating meat. He may be over abstemious and actually eat too little food. He comes to

WHAT SHALL WE HAVE FOR DINNER?

depend on the frequent use of cathartics for relief from constipation.

There are other systems of diet which men or women in the condition so common in middle life may adopt in seeking relief from discomfort and failing powers. Vegetarianism; the fruit and nut diet; the adoption of whole wheat bread instead of white flour bread; the two meal a day regime; lacto-vegetarianism and sour milk therapy, are examples. All work a change for the better for a time when the subject before had been a hearty meat eater, and had adhered largely to the meat, bread and potato type of diet. Of these lacto-vegetarianism, or the use of a vegetable diet along with milk and eggs is, in the light of modern knowledge, decidedly superior for the promotion of health to any of the others. It is especially good when liberal amounts (as much as a quart a day per person) of milk and of green leafy vegetables are used.

**Vegetarian-
ism and
Other
Systems
of Diet**

In order to appreciate how so many different dietary practices may all lead to partial relief from the sense of ill-being which the middle aged person so frequently feels as the result of taking for years a diet not satisfactorily selected and rich in meat, it is necessary to understand the general behavior of the digestive tract, and how faulty habits lead to its debility.

In the intestine of the young infant, when it is in a healthy condition, and is nursed by its mother, there is no putrefaction with the formation of the unwholesome decomposition products of proteins so common in the adult. The sugar of milk is peculiarly suited to serve as the carbohydrate supply in the nutrition of the infant, because it is not fermented readily. Cane sugar leads to gas formation in many cases because it is so readily fermented. Milk sugar encourages the development of a variety of bacteria

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Putrefaction in the Intestine

in the intestine, which forms small amounts of lactic acid. This keeps the condition in the digestive tract acid and tends greatly to keep down the putrefactive organisms. When an infant is fed stale milk, or other food not suited to it, and an attack of indigestion follows, the intestine is usually seeded with bacteria of forms which are dangerous to health. It is then placed in a very disadvantageous position with respect to its nutrition. The diarrheal discharges show by their odor that they are full of foul products. The highly irritating nature of these is apparent from the manner in which the skin of the buttocks is reddened and inflamed by coming into contact with them. It may not be doubted that the irritation of the lining membrane of the intestine, which is more delicate than the skin, is even greater than the latter.

Injury Due to Intestinal Intoxication

Aside from the injury to the lining membrane of the intestine, the child is burdened with the intoxication which results from absorption of the poisons. When it finally returns to health after such an attack of illness as is caused by dirty milk, is it just as well off physically as if the infection had never happened? There can be but one answer to this question: No. An injury of this kind leaves permanent effects on all the tissues of the body. The intestinal wall is never quite so capable of protecting itself against invasion by bacteria in later life as it would have been if it had never been subjected to the injury. During such attacks the liver and kidneys are bathed with blood which contains poisonous substances, and they are ever afterward a little less capable of performing their vital functions than they would otherwise have been. The results of illness are cumulative, and the oftener illness is repeated the less vigorous will be the body's defensive power. The lowered vitality caused by one infection increases the liability to some other infection. Influenza prepares the body for

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pneumonia. Small-pox does not itself take the life of its victim, but it makes possible the invasion of the tissues by a streptococcus which does. Measles are very frequently followed by infections to which, previous to the attack, the body was immune.

Nearly all children who are not nursed in infancy suffer from one or more attacks of intestinal infections which lay the foundation of ill health in later life. (Once the digestive tract of the infant is seeded with pernicious types of organisms by feeding it dirty milk, it never returns to a condition where the intestine is as clean and hygienic as it was before. Failure to nurse infants, and carelessness in feeding them milk which is not clean, lay the foundations of a life in which the period of youth will be short.

**The
Unnaturally
Fed Child
Is at a
Disad-
vantage**

Many children both in infancy and childhood are allowed to suffer from constipation more or less regularly. This neglect in many cases lays the foundation of lifelong suffering. Irritation of the intestine always results from long contact with decomposing fecal matter. The habit of emptying the bowel but once a day is regarded by medical men everywhere as an artificially established practice which produces bad effects on health. It schools the intestine to harbor its contents without protest, and destroys its capacity to functionate. The seriousness of this matter will be appreciated by almost everyone from personal experience, and from the knowledge that the habit of taking cathartics is an all but universal practice among adults. Cathartics act because they irritate, and they steadily work damage on the intestine.

**Evil
Effects of
Constipation**

Another factor in establishing chronic indigestion and malnutrition is the habit of eating at stated times irrespective of the need of food. The active and the sedentary sit down to eat at the same time, and the interval between meals is adjusted to the needs of the former. The prevalence of double chins and

Overeating

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triple necks attests the fact that many are eating far more than their actual food requirements. Unfortunately the appetite is not a safe protector, especially when tempted by attractive dishes, and many eat when the digestive tract is not prepared to handle food. The term digestive tract is used intentionally, because of the widespread misapprehension as to the seat of the trouble in indigestion. Discomfort which is referred to the stomach is in most cases the manifestation of abnormal conditions in the intestine.

Muscular Activity of the Intestine

When food or drink is taken into the stomach the contractions which are set up in swallowing tend to continue throughout the entire length of the alimentary tract. Immediately after eating is, therefore, a favorable time to reinforce these contractions which tend to grow more feeble as they pass away from the stomach. A conscious effort at this time will generally lead to the large intestine emptying itself. It is possible to train the intestine so as to have a considerable amount of control over it. Nearly everyone ignores this opportunity and allows it to pass. The result is that the intestine is forced to harbor decomposing food residues which keep it in an unhygienic state for many hours longer than is necessary.

The Overfed Stomach

In a well person there is a prompt response by the stomach with secretion of a digestive juice which is strongly acid when food is taken, even though there was no sense of actual hunger at the beginning of the meal. The response is much less vigorous, however, than it is when there is a genuine desire for food. In the confirmed dyspeptic or the neurasthenic, there may be no such response, and food may lie for a long time in the stomach without digestion, and in a condition favorable to bacterial growth. Gas may be formed and cause discomfort, or the food may after a time be passed on into the intestine, when undergoing bacteriological decomposition. In other

WHAT SHALL WE HAVE FOR DINNER?

cases, stomach digestion may be nearly normal, and the growth of bacteria develop only after the partly digested material has reached the lower intestine.

Dr. Alvarez has recently reported very interesting studies which show that in many instances of profuse gas production and its regurgitation, the gas does not form in the stomach, but in the lower intestine. The intestine reverses the direction of its running waves of contraction so as to bring the contents of the lower bowel back toward the stomach. This condition arises when there is an irritating mass in the lower intestine. The regurgitation of gas, and the contents of the intestine causes nausea and belching. Bile is forced from the intestine back into the stomach, and some of it comes up with the gas, causing the bitter taste. This condition is a typical "bilious attack." It is not due to sluggishness of the liver as is popularly supposed, but to an abnormal nervous reaction which reverses the direction in which the intestine moves its contents. Its inciting cause is an unhygienic condition of the intestine.

**Reversed
Peristaltic
Action**

During profuse gas formation in the intestine, loops are filled so tightly as to form kinks which prevent its escape, and this results in pain. The tension may reach a point which seriously interferes with the circulation of blood through the intestinal wall. The wall sometimes becomes so inflamed that the outer surface becomes pasty and may adhere to adjacent parts forming permanent adhesions. The surgeon frequently sees such adhesions in his operations. They greatly interfere with the action of the intestine and hurry the patient on toward invalidism.

**Injury
to the
Intestine
by Food
Decomposition**

The weight of the fecal matter in the intestine is frequently so great as to cause a sagging out of normal position, because the tone of the abused muscles is lost. Prolonged distension of the stomach or intestine sometimes causes permanent dilatation and

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partial loss of function. Pressure of the distended stomach on the heart frequently leads people to believe that they have heart trouble.

Effects of
Contem-
plating
Digestive
Function

Chronic indigestion causes the cultivation of the habit of centering the attention of the sufferer on the manner in which his digestive apparatus is disposing of its last meal. All impulses which are transmitted from the brain to the digestive tract have, unfortunately, a tendency to depress its normal muscular activity, and its secretion and absorption. It is a common saying that a well person never knows that he has a heart or a stomach. There are outlying stations of the nervous system called ganglia, whose business it is to take care of the secretion and muscular activity of the alimentary tract automatically, and thinking of one's digestion profoundly interferes with their functioning. It is a grave mistake to keep thinking of how digestion is proceeding, in the fear that some morsel which has been eaten may not agree with one. The wholesome effects of pleasant company during meals helps to keep the brain from interfering with normal digestion.

Such a habit of self observation often leads one to try to establish which article in his last meal is responsible for his misery. He lays the blame on one and decides that it does not agree with him and avoids it in future. As one attack of indigestion follows another, he gradually eliminates one food after another as dangerous to him. In time he forgets earlier experiences and eats without distress foods which had been under ban, and gradually goes the rounds of condemning a series of perfectly wholesome foods.

The conditions described represent the extremes, but are no more serious than thousands which are regularly observed by the medical profession. Fortunate are they who are protected from infancy from debilitating influences in nutrition and who adhere

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to a type of diet which approximates the optimum, and is of such a character as to discourage over-eating.

There are many adults, however, who have been well brought up, and reach middle life with good vigor, but who fall into the practice of taking too much of their food in the form of meat, bread, potatoes and sugar. These and other articles made from wheat flour, as macaroni, crackers, etc.; other seed products, such as peas, beans, rice and oats, make up altogether too large a share of the total food supply and are not supplemented with a sufficient amount of milk, eggs and the green, leafy vegetables to correct their deficiencies. The result is that while they have enough to eat, its quality is poor, and the blood stream is nearly always more or less impoverished with respect to one or more substances which are indispensable to complete the list necessary for the normal nutrition of the tissues of the body. Animals confined to such diets grow old rapidly even when the diet is of a composition which satisfies the food chemist, but is not so selected as to contain a sufficient amount of the **protective foods**. It seems necessary to interpret the rapid increase in the development of the so-called old age diseases, hardening of the arteries, kidney and heart degeneration, during the last thirty years, as in great measure the outcome of changed dietary habits, whose significance would never have become appreciated but for animal experimentation.

**The Meat,
Bread and
Potato Type
of Diet Is
Faulty**

Professor Folin of Harvard University has shown in a very interesting way the degree to which by middle life the kidneys of the normal man or woman lose their capacity to perform their function of eliminating the waste products of metabolism into the urine. He has refined methods for the analysis of the normal constituents of the urine, so as to be able

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Impairment of Kidney Function with Age

to determine their amounts in very small samples of the blood. An examination of the amounts of these waste products of the life processes which are circulating in the blood of healthy young medical students, and of a like number of apparently healthy adults of about forty years of age showed that about half of the latter were carrying about thirty per cent more substances in their blood which should have been excreted by the kidneys into the urine. There appears to be in many apparently normal persons, a progressive decrease in the capacity of the kidneys to carry on their work of freeing the blood of waste products. The lesson which we should learn from such facts is the imperative need of taking from infancy up such a diet as will defer the onset of the changes characteristic of aging.

Importance of Proper Food Habits Throughout Life

While it is never too late to gain by right living, the time to begin to follow the principles laid down by scientific research in nutrition is at birth. Anyone who will adhere to the simple principles now well established as the best way to select the food supply cannot fail to add years of usefulness and happiness to his life. The opportunity of the mother to guide her family along right lines of living is one which she should fully appreciate, and is worthy of her best efforts.

Major McKay has reported extensive observations on the nutrition of the natives of India, which afford a remarkable confirmation of the fact that the principles of diet outlined here are correct, and apply to human nutrition. Among the numerous peoples of India there are found groups who differ most widely in their dietary habits either from force of circumstances or from religious motives. In the crowded districts of Bengal, where there are about nine hundred people to the square mile, the natives are largely grain eaters, rice being the principal cereal. Other

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vegetable food is eaten so far as it is available, and animal food is craved but the supply is inadequate. The physical condition of the Bengalese is almost without exception miserably poor. In the eastern districts of Bengal, where the diet is largely confined to cereals, beans and fish, the physical condition of the natives is better than among the more nearly strict vegetarians. They are, however, still very inferior to the hill tribes of Tibet and other people who keep flocks and herds and use large amounts of milk in addition to vegetable foods and meat. Those who would attribute this difference in development to climate must explain why the Arabs who live so largely on soured milk of camels, mares or cows, have from time immemorial, while living in a climate where in summer the temperature daily reaches a hundred degrees or higher, had both the physical power and the courage to journey over the long and wearying caravan routes of the deserts.

**The Diet
and Health
Among the
Hindus**

While the data furnished by Major McKay is not so complete as is desirable, it points definitely to the conclusion that a cereal and meat diet, even when it furnishes considerable variety, falls short of the value which it would have if dairy products were added in liberal amounts.

It is significant that the reports of British officers to their government on the fitness of the natives of the several parts of India for military service show that the vegetarian Bengalese are regarded as unfit, and they are no longer used for recruiting the native army. The pastoral tribes, who use large amounts of milk regularly in their diet, are commended in the highest terms, as respects their physical fitness, courage and moral standards.

**British
Experience
with Indian
Soldiers**

The children of Bengal are described by McKay as poor, miserable, pot-bellied little creatures with

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little joy in their lives, while the children of the hill tribes are well developed and happy-looking.

**The Diet
and
Pellagra**

Dr. Goldberger and his associates in the U. S. Public Health Service have made elaborate studies of the diets of the people of certain parts of the South where a disease known as pellagra is common. This distressing malady, which was not recognized until 1908, now afflicts about 170,000 people. It seems almost certain that it is a contagious disease, but that faulty diet is the chief predisposing cause. The well fed do not have it. Those who live during the winter on a food supply limited essentially to bolted wheat flour, degerminated corn meal, polished rice, starch, sugar, molasses and fat pork, and take little or no milk or leafy vegetables, furnish the victims of this dreaded disease in the spring when their vitality is low. Such a diet seems to make them susceptible to infection. Good feeding with a diet in which milk, eggs and green vegetables are abundant will cure those who have pellagra in its early stages. An extensive survey of the diets of pellagrous and non-pellagrous households in three villages in North Carolina showed that the greater the extent to which milk entered into the food supply, the less was the incidence of pellagra.

**Better
Selection
of Food
Essential**

From the foregoing considerations we may safely conclude that there is a very real need for a better selection of food than is now practiced in many households in America and elsewhere. It is not sufficient that we secure enough protein and energy to cover the body's requirements. There are several factors of great importance for the promotion of vitality and health which may not be left to chance in the planning of the family diet.

The child who is fed a properly constituted diet at every meal-time, every day of its life, will grow up with physical possibilities for future health and

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achievement and happiness greater than one who is left to the haphazard regime so common in the American home. It seems certain that a part of the time the digestion products which reach the blood stream and hence the tissues of the body, fail to supply everything which is needed for its well-being. Outward signs may be long in appearing, but even where the faults of the diet are no more serious than are frequently met with even in the homes of the well-to-do, they will be reflected in later life in lowered vitality, early aging and low resistance to infections such as tuberculosis.

**Outward
Signs
of Mal-
nutrition
Slow in
Appearing**

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CHAPTER IV.

THE DIETARY PROPERTIES OF THE MORE IMPORTANT AMERICAN FOOD-STUFFS

“Protective
Foods”
Necessary

In the preceding chapter it was pointed out that diets may be derived from both animal and vegetable foods, and afford considerable variety, and still fail to induce good nutrition unless they are properly selected. Diets derived solely from wheat flour, corn meal, rice, rolled oats, potatoes, sweet potatoes, radish, turnip, beet, and the lean muscle meats, all taken together, will prove inadequate. It is true that growth may take place on such diets, and apparent health may be enjoyed for a certain period, but they fall short of the optimum quality after which we should strive. Only those diets which contain one, or preferably both, of the **protective foods**, milk and the leafy vegetables, have ever maintained animals in a state of nutrition which promotes vigor and preserves the appearance of youth and sustains longevity. In the present chapter the most important human foods are discussed with respect to their dietary properties, and their special qualities made clear, in order that it may be appreciated why certain combinations of foods make good each others deficiencies.

Wheat

THE CEREAL GRAINS. The most important food grain in Europe and America is wheat. Its most important use is as a bread grain, because when mixed with water, wheat flour forms a better dough than can be obtained with flour from rye, barley or buckwheat. The custom of eating as a part of every meal the spongy white bread made from bolted flour has a very strong hold upon us. All will remember the little hardship of giving up white bread for war breads for patriotic reasons.

WHAT SHALL WE HAVE FOR DINNER?

The flour which was sold before the war, and to which the millers promptly returned as soon as restrictions were removed, contains about seventy-three per cent of the entire wheat kernel. The parts discarded in milling are used as stock feeds. Bran is the outer layer of the grain. Middlings, or shorts, contain fine particles of bran and some flour which adheres to them through the milling process. The germ of the seed is also separated in milling, but is afterwards mixed with the middlings because there has never been established a market for this very rich fat and protein-containing portion. The white flour which is used as human food is the part of the grain which breaks readily into particles sufficiently fine to pass through bolting cloth. **White Flour**

The modern milling process differs markedly from the old process in use when milling was a local industry, and people who lived in the vicinity of the mill brought their grain and took home the flour. Milling in earlier times consisted in grinding the grains and sifting out the coarse particles of bran, but the modern process is carried out with machinery which does not grind. Instead, the kernels are passed between rollers which break them by impact. This method of breaking the grains does not tear the bran or the germ. Because of the large size of the bran particles, or skin of the kernel, they are easily screened out. The germ consists of a group of cells which in the unbroken seed are capable of developing into a new plantlet. It contains much oil, sugar and protein, and is sufficiently plastic to escape being reduced to fine particles in the process of breaking to which the wheat grain is subjected in the roller mill. Since the germ remains intact it is, like the bran, easily removed from the flour. White flour represents the part of the kernel which is very rich in starch and gluten (protein) and which crushes so readily under **Modern Milling Process**

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the blows of the rollers as to make its particles fine enough to pass through bolting cloth, hence the name bolted flour.

**Proteins
of the
Wheat
Kernel**

There are great differences in the nutritive value of the proteins of the different parts of the wheat kernel. The proteins of the germ are of better quality than those of other parts, but the germ is not suitable for human food because the oil seems to have slightly detrimental properties. Bran is not a good human food because it is too coarse and irritating to the digestive tract. The proteins of bolted flour are among the poorer proteins which enter into the diet of man. This does not constitute a sufficient reason for regarding flour as an inferior food, because when used in proper combinations with other foods the proteins of the flour are supplemented so as to greatly enhance their value.

White Bread

Our attachment to light bread made from bolted flour is based on habit. We have been schooled from infancy to the regular use of a light, leavened bread, and the trade has cultivated a demand for perfectly white flour for purely commercial reasons. Whole wheat flour does not make so attractive a loaf as does bolted flour, but there is just as little reason for our basis of judgment as to what is attractive in bread as there is for our standards as to what constitutes beauty in dress. Both are based entirely on custom.

Bran

Bran is now widely employed as a remedy for the correction of constipation. Its action depends on its irritating nature, and on the greatly increased bulk which it confers on the residues of food which escape absorption in the intestine. It cannot be denied that much relief is experienced by many persons from taking bran, but the same object can be attained by an extension of the use of such vegetables as spinach, cabbage and other related plants, also turnips, beets, radishes, onions, carrots, etc., and the latter are to

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be recommended rather than bran, because they are less irritating, and possess valuable food properties in addition.

Not only is bolted flour a source of proteins of poor quality, but it is very poor in those mineral elements which are essential constituents of the normal diet. The most important deficiency in this respect, because of its limited content in other foods, is calcium, the principal constituent of lime. Bread falls far short, therefore, of furnishing sufficient mineral salts for the nutrition of the body.

**Quality of
Proteins of
Wheat Flour**

Bolted wheat flour is very poor in the substances which protect the body against the three types of deficiency diseases, scurvy, beri-beri and xerophthalmia. The entire wheat kernel contains a sufficient amount of the second one of these, and perhaps enough of the first named, actually to prevent the development of scurvy over a long period, but does not furnish a great margin of safety. Judging from such data as is available the entire kernel falls somewhat short of containing enough of the protective substance without which the eye disease, xerophthalmia develops.

**Bolted Flour
Poor in the
Substances
Which
Prevent
"Deficiency
Diseases"**

Bread is, therefore, a very-incomplete food. It is, notwithstanding its shortcomings, a good food provided it is combined with the proper food-stuffs to make it complete, and the statements made to its discredit are not to be construed as a justification for seeking some substitute for it. Wheat is one of our best agricultural crops and we should continue to use it freely, but with a full understanding of what should be eaten with it.

It is logical to ask the question why the poorest part of the wheat kernel is placed on the market as human food. The question has been frequently discussed and usually without a full appreciation of all the factors which are involved. Whole wheat flour

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**Poorest Part
of Wheat
Kernel Used
as Human
Food**

is superior as a food to bolted flour provided the bread made from it is to be used as the sole food for a considerable period, as has happened and may happen again under conditions approaching famine. This fact is, however, of little importance in ordinary times, when a variety of foods are available, for either kind of flour is incomplete from the dietary standpoint and will not long support health when used alone.

**Reason for
Manufacturing
of Bolted
Flour**

The reason for the manufacture of bolted flour is purely a commercial one. The unbroken wheat kernel can be kept for a long period without undergoing changes which affect its food value, but when it is milled, either by the old grinding process or by the more complex roller mill process, it soon undergoes changes which make it less palatable. The fats in the germ decompose and spoil the flavor, and the presence of the germ in the flour encourages the development of worms and weevils, which render it unfit for human food. This can be strikingly demonstrated by anyone by a simple experiment. If some bolted flour is placed in a container, and some fresh wheat germ in another, and the two are loosely covered and kept in a warm room for a few weeks, the germ will be found to be alive with insects, while the flour will be almost free from them. The insects which infest cereals place their eggs almost entirely in the germ, and this part most closely approximates a complete food for the larvae.

All flour is now milled in a few centers principally near the wheat growing regions. The by-products are used as stock foods in those regions with but short shipping radius. The flour must accordingly be shipped long distances in many cases, and a comparatively long period must elapse between its manufacture and consumption. Up to 1917 the average period between milling and marketing to the consumer was about six months. Some flour is in

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the hands of the dealer for a much longer time, and it is greatly to his advantage to handle a product which can be marketed without commercial hazard. Hence the perfection of milling machinery which effectively separates both germ and bran.

**Bolted
Flour Keeps
Well**

There are several competing interests in the milling industry, and their most effective appeal to the housewife is the whiteness of the flour. We naturally associate whiteness with purity in flour, as with garments, walls and furniture; hence arose the practice of bleaching flour which is not naturally as white as was desired. There is no justification for the demand for white flour by the public. It has been created artificially for commercial reasons.

**The
Whiteness
of Flour**

It is not easy to prepare so light and attractive a loaf of bread from flour which contains a higher fraction of the entire kernel than the 73 per cent now usually converted into flour. Whole wheat flour has a distinct flavor not possessed by the bolted product, but its use in baking requires special skill which must be acquired.

**White Flour
Makes
Lighter
Loaf**

It is not probable that whole wheat flour will ever become widely used for the reasons just stated. There seems to be no good reason why the use of white flour should be discouraged. The present practice in milling returns over a quarter of the grain to the farm as cattle feed, and avoids danger of loss in the distribution of that part which is used for human consumption. The important fact to be appreciated is not the difference in the food value of whole wheat and ordinary flour, a difference which is decidedly in favor of the former, but that the entire wheat kernel is itself not a complete food. Many of our natural foods are incomplete, even when not manipulated

**Whole
Wheat
Flour**

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or changed in any way. The watchword of modern scientific nutrition is proper selection of foods and their consumption in the most desirable combinations.

Corn Bread **CORN OR MAIZE.** This is the second seed grain in importance in the United States. It is very popular in the Southern states as a bread grain and is used more or less widely in other parts of the country. The meal which results from its milling does not make a dough when mixed with water, and therefore a leavened bread cannot be made from it. When properly made corn bread is highly attractive to those who are accustomed to it, but like new foods in general, it does not appeal to those who have not learned to like it. The French and English did not like it during the war when they were forced to use it, but this was in a great measure due to their lack of knowledge of how to use corn.

**The
Dietary
Properties
of Corn**

The dietary properties of corn are closely similar to those of wheat. The difference in the appeal to the palate is due entirely to differences in physical properties. Fifty years ago corn, like wheat, was milled by grinding in small local mills, and the resulting meal contained the entire kernel. In order to meet modern commercial demands it has become necessary to produce a meal which will not change flavor with aging, and will not favor the development of weevils in warm weather. This can best be accomplished by the removal of the germ, and accordingly machinery has been perfected which accomplishes this. The germ is sold as hominy feed for stock, and the cornmeal retailed for human consumption is a degerminated product. The oil is extracted from the germ and is used for various technical pur-

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poses and is now sold in retail packages as a salad oil. The proteins and mineral content as well as the energy value of corn meal correspond very closely with the corresponding values for wheat flour.

THE OAT. The oat kernel is largely used as a breakfast food, and to a lesser extent for making cookies and for other purposes. It is sold almost exclusively in the form of rolled oats, and differs considerably from wheat and corn in its chemical composition. It contains nearly a third more protein than either of these and about 8 per cent of fat; the content of the latter in corn and wheat being about 2.1 and 5.0 per cent respectively. The quality of the proteins of the oat are about the same as those of the other cereals, and it contains no dietary properties which serve to distinguish it greatly from any of these. Up to very recently it was not found possible to remove the germ from the oat, but the desire to improve its keeping qualities has led to the perfection of a machine which turns the husked kernel end over end on a rough surface, thus etching away the germ which is exposed on one end.

**The Oat
Kernel**

RICE—This cereal forms the most prominent article of diet of more than half of the human race, but its use is largely confined to Asia and the islands of the Pacific. It has never found great favor in the United States, although it is widely used everywhere as an occasional addition to the bill of fare. We prefer the potato instead of rice as our main starchy food other than wheat bread. Those who are brought up on rice like it better than potatoes or wheat bread.

Rice

In many places where rice is grown it is eaten without polishing, but when it is to be transported it is almost always polished, primarily for the purpose of improving its keeping qualities. This is accomplished by friction of the kernels against each

**Unpolished
Rice**

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other. In polishing, the bran layer and the germ are both removed and the grain is made lighter in color. Polished rice is poorer in protein, mineral elements and fat, than any other of the cereal grains.

Since the dietary deficiencies of polished rice have been pointed out repeatedly in popular literature in recent years, some manufacturers have made an effort to counteract public suspicion of the value of their product in a way which is calculated to deceive. Just as it has become generally known that bolted wheat flour is not so complete as whole wheat, so it has become common knowledge that during polishing some of the valuable parts of the rice kernel are lost. This has attracted much attention because people who eat unpolished rice do not develop the disease beri-beri, while those who live largely on polished rice may do so. In order to offset the suspicions regarding the market product, a so-called **brown rice** has been advertised and substituted for **white rice** on the market.

**Brown
and White
Rice**

In order to intensify the whiteness of polished rice it has long been the custom to coat the polished grains with talcum powder. The powder is mixed with a solution of glucose, which causes it to stick to the surface, and after the grains have been moistened with this suspension, they are dried. Rice which has been treated in this way can be readily detected, since the water in which it is washed becomes milky from the suspended talcum powder. This coated product is white rice. It has been both polished and coated. The so-called brown rice is polished rice which has received no further treatment.

**Use of
Polished
Rice Is
Rational**

There is no reason whatever for whitening rice because it keeps just as well without it, but since it is customary to wash the grains before cooking there is no reason for condemning it. Brown rice has no superiority over white rice, and both have the same dietary properties, and are inferior to the unpolished.

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The latter is not a complete food by itself. The rational policy is to continue the use of polished rice, since there are good reasons why, when it is to enter commerce, with an uncertainty as to when it will be consumed, it should have the highest possible keeping qualities. In those localities where this cereal is grown and sold locally, it would doubtless be best to select the unpolished article. This is likewise true for all people who like many Orientals, live so largely on rice.

OTHER GRAINS—Many experimental studies have shown that the cereal grains resemble each other very closely in their dietary properties. Barley and rye closely resemble wheat in that a dough can be made from them, but this property is less pronounced than in wheat because in them the amount of glutinous protein is less. **Barley and Rye**

BUCKWHEAT—Buckwheat forms a very sticky dough, and is widely used in Asia, Europe and America, for making griddle cakes. These have a dark and somewhat violet color, and a flavor which has made buckwheat cakes a national dish. It has been frequently observed that persons who have eaten freely of buckwheat developed "buckwheat itch." This is due to the fact that there is a dye in the seed which sensitizes the body to light. Albino animals which have been fed with buckwheat and are subsequently exposed to sunlight die within a short time, while animals which are colored are not affected. The sensitiveness of certain persons to this inconvenience following indulgence in buckwheat cakes is probably due to lack of sufficient pigment in the skin. **Buckwheat**

PEAS AND BEANS—These, the legume seeds, enter into the diet of almost all peoples and are palatable and wholesome foods. There can be no doubt, however, in the light of modern nutrition studies, that their dietary value has been greatly over rated. **The Legume Seeds**

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Their chemical composition as shown by analysis revealed a very high protein content. Before the days when it was known that there were great differences in the nutritive values of proteins from different sources, it was natural to suppose that peas and beans were in all essential respects the equivalent of meats as sources of protein. It was only discovered through experiments on animals which were restricted to one or the other of these seeds as their sole source of protein, that the proteins of both are very inferior to those of meat. It is fallacious to regard beans as "the poor man's meat."

The Navy Bean The navy bean contains a considerable amount of certain peculiar carbohydrates which are not digestible, but which readily undergo bacterial decomposition in the digestive tract, with the formation of much gas. As a result they tend to cause flatulence. Peas are not so subject to this type of fermentation.

Beans and peas, while attractive in flavor to a certain extent, fall far short of the palatability of meats. In fact beans are usually cooked with meat to add to their acceptability. These facts are mentioned, not for the purpose of discouraging the use of peas and beans, but to make it clear that their place in the diet is distinctly a subordinate one. Used in moderation they form a valuable addition to the food supply, and help to afford that variety which the palate of civilized man demands. With advancing knowledge they have, however, lost their once proud position of foods of extraordinary value.

The Potato **THE POTATO.** This is in some respects unique as a vegetable food-stuff. It is nearly without flavor, and lends itself to consumption with other things such as butter, cream or milk, salt and pepper or with fat. The appetite of man calls for fat and there are certain foods which are eaten principally as a vehicle for carrying fat. The potato stands first in impor-

WHAT SHALL WE HAVE FOR DINNER?

tance among these. Some writers have attributed much greater nutritive value to the potato than experimental studies on animals seem to justify. It is one of our most prolific food crops, and will always remain one of our most important energy foods. It is indeed remarkable how regularly we accept the potato in one form or another, in contrast to the ease with which we surfeit on other similar vegetables such as turnip or beet or carrot, when these appear on the table daily for a time. We can eat much more liberally of the potato than any of these, and never tire of it as a daily article of diet. The lack of taste and individuality of the potato, which makes it possible to confer palatability on it in several ways, seems to be the explanation for this.

THE DASHEEN. This is a new vegetable which bids fair to take the place of the potato to some extent in some parts of the country. It is a large corm or bulb of a plant which grows well in some parts of the South, producing a large yield. It possesses a mild but distinctive flavor, and is served in essentially the same ways as the potato. Its dietary value is not essentially different from the latter. The Department of Agriculture has great expectations of this new food plant, and these seem to be well founded.

The Dasheen

THE SWEET POTATO. This root has found great favor in the warmer parts of the temperate zone. It contains much sugar as well as starch and is a most excellent food which remains acceptable daily for long periods. Its place in the diet is essentially the same as that of the white potato, i. e., it is a vehicle for fat and a source of energy because of its high content of starch and sugar.

**The Sweet
Potato**

THE EDIBLE ROOTS. The most important edible roots other than the sweet potato in the temperate zones are the carrot, beet, turnip, and radish. These all deserve to be introduced into the diet more

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**Radish
Turnip
and Beet**

frequently than they now are. They, like the leafy vegetables, are the best correctives for constipation, since they affect the eliminative function of the intestine by modifying the residues so as to make them bulky and rich in water, but do not have irritating effects, as do bran or figs or berries which contain seeds in large numbers. This peculiar laxative effect is due to their high content of indigestible fibre, and its water-holding power. The edible roots appear to have no special dietary properties which distinguish them, or give them any special role to perform, except that mentioned, and their appetizing qualities, when not used too monotonously. Most people will tire of any one of them if they appear daily in the diet for a considerable time, but when they appear as a novelty after an absence of a short time they are greatly relished. The rotation of these in the menus of those months when they are in season will tend to discourage the tendency toward over-eating of the more concentrated foods.

All of the above described food-stuffs have in the plant world the same functions to perform. They are all storage tissues of plants, and contain somewhere within them areas which are capable of growing into new plantlets under favorable conditions of temperature and moisture. The seeds grow from the germ; the potato from the "eyes," and the fleshy roots from an area at the crown. Since the plantlet requires a food supply until it can develop a root system and leaves and become independent, the parent plant provides this in the stored material within the seed, tuber or root. Man takes advantage of these concentrated packages of food materials, and appropriates them for his food supply and for the feeding of his animals.

Systematic studies have clearly shown that all of these plant parts which are store-houses for food for

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the little plants have certain shortcomings in common from the standpoint of animal and human nutrition. It is interesting to note that although there are very wide variations in the chemical composition, some, as the pea and bean, containing much protein and little digestible carbohydrate, while others such as the potato, contain much starch and but little protein, the dietary properties of all show striking similarities. They all contain too little of the element calcium, or lime, to meet the needs of a growing animal, and probably also of the adult. With few exceptions they are too poor in the peculiar substance which gives butter fat its special dietary properties, and without which a deficiency disease especially affecting the eyes will develop. In addition, the quality of their proteins is poor, and in a general way their proteins seem to have certain defects in common, so that when foods of this class are used together they do not greatly enhance each other's values. There are some exceptions to this rule, for some combinations within this group of storage tissue foods have distinctly better proteins than either constituent of the mixture when fed alone.

**The Storage
Tissues of
Plants**

FRUITS. Fruits and nuts are the most appetizing of the vegetable foods. The fruits such as the apple, pear, peach, plum and the various berries and citrus fruits are so rich in water that they have but little value as sources of energy (starch, sugar, protein, fats). They all contain certain salts of organic acids which have more or less stimulating action on the kidneys, and some of them have a laxative effect. This is augmented by the indigestible marc or structural tissues which, like the fibrous structures of certain other vegetable foods, tends to retain water in the intestine and produce physical properties in its contents which render them more easily eliminable.

**The Fruits
Have
Special
Value**

The fruits, and those vegetables which can be

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Some Raw Foods Necessary eaten raw, have a special and very important role in nutrition, as a protection against scurvy. They are therefore more than simply well flavored foods which add to the joy of eating. They have an important place in the nutrition of man and should be used in moderate amounts regularly, notwithstanding their relatively high cost. They contain nothing which disturbs digestion when eaten in the raw state, whereas all foods which contain much starch are more or less indigestible for man unless cooked.

The Tomato Prevents Scurvy THE TOMATO. This deserves special mention because of its great popularity as a constituent of salads, as well as a source of flavor in soups, spaghetti, etc., and in the form of ketchup. It is a water-rich substance and does not furnish much actual food value, but is remarkable as a condimental food. The tomato appears to occupy a unique position among vegetable foods in that the substance which protects against scurvy, and which it contains in relative abundance, is not so easily destroyed in heating or drying as it is in most other foods. Because it is much cheaper than orange juice, Dr. Hess recommends tomato juice in small amounts as a means of preventing scurvy in infants which are fed on pasteurized milk. It is reported that a small quantity of canned tomato will allay thirst for a time as effectively as fifteen times its volume of water. It was used for this purpose during the late war when the men were in positions where water could not be supplied regularly.

BANANAS. The banana, owing to its relative cheapness during a large part of the year, is a good fruit, and should be made use of in salads, or eaten as the appetite calls for it at any meal. Some find difficulty in digesting it unless it is fully ripe, for in the green and semi-ripe condition it contains considerable amounts of raw starch. Over ripe bananas do not

WHAT SHALL WE HAVE FOR DINNER?

have so good a flavor as they do a little earlier in the ripening stage. They are free from bacteria when not invaded by organisms in the fruit as it begins to spoil, and may safely be given to children to satisfy their hunger when they request food between meals.

**Bananas
a Good
Raw Food**

THE LEAFY VEGETABLES. Modern nutrition studies have revealed the unsuspected fact that the leaf of the plant possesses dietary properties which chemical analysis does not reveal, and this class of vegetable foods have assumed a new and unique place in the human diet. Certain leaves form a complete food supply for such types of animals as have sufficiently capacious digestive tracts to enable them to eat a large quantity of bulky food. The omnivorous animals cannot thrive solely on leafy foods because they cannot eat enough of them. Nevertheless the liberal consumption of leafy vegetables serves to correct the deficiencies of the group of foods which have the function of storage organs in plants, and make it possible for man to do fairly well on a strictly vegetarian diet, at least for a considerable period. The importance of leafy vegetables as supplements to the cereals, peas, beans, tubers and edible roots is so great that one or another of those which are acceptable to the human palate should enter into the diet every day in some form.

**Leafy
Vegetables
Are
Protective
Foods**

The most important of the leafy vegetables which have sufficiently mild flavors to make them suitable for consumption by man are spinach, lettuce, cabbage, chard, cauliflower, Brussels sprouts, collards, kale, turnip and beet tops, dandelion, water cress, lambs-quarter, rape, and a few others. The onion bulb is a mass of thickened leaves. Their special virtues lie in the desirable composition of their mineral content; in their richness in the three substances which protect against the deficiency diseases (See p. . . .); in the way in which they supplement the deficiencies of

**The Mild
Flavored
Leaves**

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the proteins of other vegetable foods, and in their corrective effects on constipation. They are especially rich in iron, and in this particular respect take the place of the red meats.

**Leafy
Foods
Supplement
Seeds,
Tubers,
Roots,
and Meats**

When an animal is fed exclusively for a few weeks or months on a diet derived entirely from cereals, peas, beans, tubers, roots and muscle cuts of meat, and has been brought to a very poor state of nutrition by this faulty diet, the prompt and marked improvement in its condition which can be brought about by the addition of a liberal amount of such a leaf as celery tops, spinach or turnip tops, to the diet is unbelievable unless it is witnessed. It is unfortunate that these leafy foods are not so highly attractive and palatable as to make their consumption in liberal amounts pleasurable to the average American. This is largely due to the fact that they have been used so sparingly in this country that the habit of eating them has never been formed to any great extent. To many people in the South, where the use of turnip greens is very common, they are highly relished, and form a veritable treat to those who have been for some time without them. One of the most important lessons which has been taught by scientific nutrition studies is the need of developing a liking for and a great increase in the consumption of this class of vegetables in the American family. Every conscientious mother should see to it that her children learn to like them in early childhood, and that they find a regular place in the diet as the children grow up.

**Chinese
Cabbage
Better Than
the Ordinary
Kind**

CHINESE CABBAGE is a variety which is much superior to the ordinary variety with which we are familiar. It has been introduced into this country by the Bureau of Plant Industry of the Department of Agriculture, and will doubtless eventually come

WHAT SHALL WE HAVE FOR DINNER?

into greater favor than the common kind. It is much more delicate in texture and flavor than ordinary cabbage, and makes a truly delicious salad plant.

STRING BEANS AND ASPARAGUS are two delicious vegetable foods which almost everyone likes and which possess much the same dietary properties as leaves. While the bean is immature, and the pod consists of living tissues actively engaged in the formation of the seeds, its quality as a food differs decidedly from the seeds after they have become mature and are eaten shelled. The use of beans in this stage of growth should become more common. They may be boiled and buttered, or creamed, or used as a constituent of salads. The tender rapidly growing tips of asparagus are rich in actively functioning cells, and resemble thick leaves in their dietary properties.

**Immature
Pods
and Growing
Tips Have
Dietary
Properties
of Leaves**

In China, Japan and other Oriental countries where there is no dairy industry, the practice of eating large amounts of leafy vegetables is universal. The leaves of the sweet potato plant, the petals of the lily and bamboo sprouts are eaten as staple articles of diet, along with numerous other leafy structures of plants. The good physical development of certain groups of Chinese appears to be attributable in great measure to this peculiarity in their eating habits. The consumption of green vegetables is the outstanding feature of their diet. These possess special qualities which differentiate them sharply from all other products of the garden and we should greatly extend their use.

**Orientals
Eat Much
Leafy Food**

Thick leaves such as those of the cabbage are not only structures which contain living cells in relative abundance, but they are modified as storage tissues as well and contain a large amount of starch and sugars. These tend to dilute the leaf quality, and

**Thick Leaves
Not So
Good as
Thin Ones**

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renders the thick leaf less pronounced in its leaf quality from the dietary standpoint than the thin leaves such as spinach, turnip tops, etc.

Dietary Practices of Eskimo

MEATS. There is nothing so attractive to the appetite of man as certain of the meats to which he has become accustomed. All races are fond of meats, and all eat animal tissues when they can be had, except a few religious devotees, most prominent among whom are the Buddhists. There are great variations among different races and individuals in their ideas as to what parts of the carcass of an animal are fit for food. The Eskimo likes blood as well as all of the internal organs, and because of the stimulation of his appetite by extreme cold, is able to eat large quantities of fat without anything with it to render its consumption easier. While the natives of the tropics and temperate regions of the world like fat, they always like to eat it with a carrier such as potato, sweet potato, cabbage, etc., to conceal it.

The Carnivorous Animal

The carnivorous animals like the internal organs and blood better than they do muscle tissue, while the reverse is true of civilized man, who takes his meat with a varied vegetable diet. When a rat or weasel makes a raid on a chicken coop it kills indiscriminately, and far beyond its needs for food. It cuts the throats of the birds and sucks blood as its first choice. Later it opens the body cavity and eats of the internal organs, or the brain cavity and eats nervous tissue. It is remarkable that civilized man should from choice limit himself largely to the cuts of meat which are derived from muscles. Steaks, ham and roast are distinctly his favorites, but whether solely from habit it is difficult to say. Liver is not valued highly, and only the choicest article from young animals is used when the appetite only need be consulted. Kidney stew is acceptable only occasion-

WHAT SHALL WE HAVE FOR DINNER?

ally and many will not eat it at all. It has not been found possible by the meat packers to educate the public to eat the glandular organs to any great extent when they can afford muscle cuts of meat. It cannot be because civilized man does not like highly flavored foods, for he eats his food with pepper, horseradish, ketchups, salad dressings, strong sauces, sage, strongly flavored cheeses, acid foods such as pickled vegetables, and has an inordinate fondness for sweets. He does not in general like the strongly flavored animal organs. These illustrations of the varying habits and likings of man under different living conditions serve to emphasize the uncertainty of the appetite as a guide to the proper selection of food.

**Civilized
Man Does
Not Like
Internal
Organs**

It is not desirable to dispense with meats in the diet, for they fulfill a psychic requirement from which we cannot free ourselves. It is sound policy to eat foods which taste good, for taste and the enjoyment of food are indispensable to efficient digestion. Excessive meat eating certainly has, however, a damaging effect on the body. It is easily possible to arrange diets free from meat which will induce good nutrition, but very moderate amounts of meat certainly do no harm. Since the maintenance of an animal industry is a necessary factor in a successful system of agriculture, we shall always have a meat supply which should be used judiciously in the diet. It is agreed by all competent to judge that the consumption of meat by the average American household is excessive. High meat consumption is generally responsible for high protein consumption, and the abuse of meat has been the most important cause for the spread of the belief that man is better nourished and will be more efficient if he takes a diet low in protein. Many people feel better when they stop eating meat, but this

**Consump-
tion
of Meats Is
Excessive**

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is due not so much to the fact that a proper amount of meat is bad, as to the inability of many to stop eating when they have had enough when meat forms a principal article of diet, because of its appeal to the appetite.

**Meats Favor
Putrefaction
in the
Intestine**

It has been pointed out in the preceding chapter that the excessive growth of putrefactive bacteria in the large intestine is attended with disastrous results owing to the toxic nature of the products which they form. These exert an irritating action on the lining of the intestine, and burden the liver and kidneys with their destruction and excretion. Among all the protein-rich foods there is none which encourages the growth of these pernicious organisms so much as meat. Thousands of persons past middle age, who have had time to become debilitated by faulty nutrition, testify to the relief from discomfort and increased efficiency which they experience as the result of partially or wholly eliminating meat from the diet.

**Meat Should
Be Eaten
Sparingly**

Although meat can safely be entirely dispensed with, provided the individual is willing to forego the satisfaction of eating it, the semi-invalid has not infrequently subjected himself to a dietary regime so monotonous and faulty as to hasten his demise. The cause of malnutrition is usually a complex one, and cannot in general be correctly attributed to one or another food, such as meat, which in too liberal amounts produces conditions in the alimentary tract which are unfavorable to health and comfort. The sanest view seems to be to reduce the meat consumption to the lowest level consistent with securing the degree of palatability which is demanded by the average person, by reason of habits developed by our present mode of life. But this by itself is not enough. The diet must be selected so as to be complete, and to promote well-being.

WHAT SHALL WE HAVE FOR DINNER?

Meats contain proteins of high value in nutrition. In other respects, however, they cannot be regarded as in any sense food of unusual merit. The mineral content is deficient in the same general way as that of the cereals, tubers and roots. It is especially poor in lime, but is unusually rich in phosphorus and iron, both of which are not very abundant in most grains or other storage tissues of plants. Muscle tissue contains but little of any of the three substances which are concerned with the prevention of the deficiency diseases, a fact which is rather surprising, but which is well established by experiments on animals.

**Meats
Deficient
in Lime**

Meats contain excessive amounts of acid-forming elements, and need to be properly combined with foods rich in bases of mineral nature to give best results in nutrition. Meats do not correct the deficiencies of a diet composed otherwise of seeds, tubers and roots, except in the improvement in the quality of the protein. It is easy to correct all of these deficiencies by the liberal use of milk and green leafy vegetables, but the latter do not add to the attractiveness of the diet in palatability as do meats.

**Meats Are
Acid
Formers**

MILK. From time immemorial the milk of cows, camels, buffaloes, goats, sheep and mares has been used throughout eastern Europe and parts of Asia as an important article of the diet of man. Modern nutrition studies have shown that milk is the one food for which there is no effective substitute. Its use has extended over western Europe and North America, and to most countries which have been settled by European peoples.

**There Is No
Substitute
for Milk**

In Europe and America, milk is ordinarily used fresh either as a beverage or in cookery, or frozen with the addition of other substances as ice cream. No pronounced bacterial changes are allowed to take place in it before use. Much is used for the manu-

**Use of Milk
in America
and Europe**

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facture of butter, cream and cheese. The skim milk is generally used as food for calves and hogs, but much is thrown away. When cheese is manufactured the whey is usually poured into the gutter, but some is fed to pigs. The Laplander eats large amounts of reindeer milk, which is frozen in skins, and kept throughout the winter.

Fermented Milks

The inhabitants of the steppes of European Russia, and the plains of south, western and central Asia collect the milk of mares, and to a lesser extent that of cows, and add to it in skin bottles or in tubs, a portion of old, sour milk and some water and allow it to ferment. The fermentation is a mixed one and leads to the formation of much lactic acid which causes the sourness, but a considerable amount of alcohol is likewise formed. The curd is broken up by vigorous agitation and is allowed to stand several days before use. This product is known as koumiss. When cows' milk is used for this purpose it is first skimmed. Kephir is another kind of fermented product made from the milk of cows, goats and sheep, and is used universally in the Caucasus. It contains both lactic acid and alcohol. A similar product, matzoon, is made in Armenia. In India, in those parts suited to stock raising, a fermented milk known as dadhi is widely used, and a similar product, leben, forms an important article of diet with the Arabs, and was used by the Egyptians and Carthaginians from remote antiquity.

The Sour Milk Organism

Metchnikoff, the famous Russian bacteriologist, first pointed out that there were in his days a remarkable number of centenarians among the people of Servia, Bulgaria and Roumania, and he sought to discover the secret of the long life of many of these people. He found that they live largely on a soured milk which they call yoghourt, and he came to the conclusion that the regular use of milk soured by a

WHAT SHALL WE HAVE FOR DINNER?

special race of lactic-acid-forming bacteria to which he gave the name **bacillus Bulgaricus**, was in great measure responsible for their health and longevity. He explained this on the theory that the putrefactive decomposition of proteins in the intestine causes injury to the body because of the poisonous nature of the products formed and absorbed, and that the presence of the organism which sours milk leads to the constant formation of a mild acidity in the intestine which is unfavorable to the growth of the more harmful forms which thrive in its absence.

BACILLUS BULGARIOUS is a special race of milk-souring organism which produces a greater amount of acid than the more common ones; hence the assumption that it produces a more effective sour milk than milks which sour spontaneously everywhere. Metchnikoff held that the organism had special vitality and could be made to establish itself in the intestine as a more or less persistent inhabitant. This view is not supported by the many studies which have been made by later observers.

There has been much discussion and difference of opinion as to the importance of the lactic acid bacillus as a protector against the loss of youthful characteristics in man. There can be no doubt that pastoral peoples generally possess excellent physical development, and enjoy relative freedom from certain ailments common among peoples who live on diets of widely different natures. It seems, in the light of what we now know of the peculiar dietary properties of milk, wholly aside from the presence or absence of any special type of bacteria in it, that the excellent health of the aged natives of the Balkan states, as well as of other peoples who live largely on milk products, is the result of their regular consumption of a most excellent food supply, and not to the presence of the bacteria which it may contain. It can-

**Sour Milk
and Long
Life**

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not be denied that the lactic acid fermentation of milk may be a factor of some importance, but this is secondary rather than primary.

**Milk a
Complete
Food**

It is a fact too well known to need comment, that milk is a complete food for a young, growing animal, and that for a certain period after birth, a period which varies with the species, no other food can take its place without disaster. It is not so well known that milk is a food of exceptional value for the adult, although a few medical men have fully appreciated this fact. Dr. Weir Mitchell many years ago had remarkable success in the treatment of patients suffering from neurasthenia, by keeping them in bed confined to a diet which was principally milk. It is of unusual interest to note that Harvey, the discoverer of the circulation of the blood, in reporting on his autopsy of Thomas Parr, who is stated to have lived to the age of 153 years, says that his diet until just before his death when he was invited to the court of King Charles in 1635, consisted of sub-rancid cheese, and milk in every form, coarse bread and small drink, generally sour whey.

**Is Deficient
Only in
Iron**

Milk contains all the elements and compounds which are essential for the nutrition of the body, and is especially rich in everything that is necessary to supplement the deficiencies of the ordinary cereal, tuber and root products which form so large a part of the diet of civilized man. It is deficient only in iron. Its fat is the best source of the unidentified substance which protects against the deficiency disease involving the eyes. This substance is not found in any vegetable fats or oils, and aside from butter fat is abundant only in egg yolk among our common food-stuffs. The glandular organs and the leaves of plants contain it in greater amounts than do any of the foods whose function is that of storage tissues

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of plants. Fresh, unheated milk contains the substance which is protective against scurvy, but this is nearly all destroyed during pasteurization or boiling. The substance which protects against beri-beri is fairly abundant in milk and is not destroyed by ordinary cooking. The proteins of milk are of very high quality.

**Milk
Supplements
Other Foods**

Milk is therefore so constituted as to make an ideal food for supplementing the ordinary vegetable foods which should form a considerable part of our diet. It corrects the deficiencies of these in a remarkable way. In order to obtain best results, however, it is best to use with the ordinary vegetable foods, but a small amount of meat, a quart of milk a day for each member of the family, and as much of one or another of the green leafy vegetables as the appetite will permit. The sugar of milk promotes, when such a diet is taken, the growth of a very favorable bacterial flora in the intestine.

SKIM MILK is ordinarily looked upon as of little value, but as a matter of fact it is worth more than the cream from the standpoint of nutrition. The more extended use of skim milk in bread making, in cookery and as a sour milk beverage as is so common in Eastern Europe would be an important step in the direction of securing better nutrition for the nation.

BUTTER MILK is milk from which the fat has been removed and from which the sugar has been used up by lactic acid fermentation in the souring process. It is the milk which accompanies the fats as they are removed in the form of cream. Since it is milk less two of its constituents, fat and sugar, its dietary properties can be readily understood. It is not the equivalent of whole milk, but is a valuable addition to the diet, both from the standpoint of the addition of nutrients and for its appetizing quality.

**Composition
of Butter
Milk**

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**Special
Value of
Butter and
Egg Yolk
Fats**

BUTTER consists of the fat of the milk plus about twelve per cent of the constituents of milk not fat. It has the same energy or fuel value as have other fats of either animal or vegetable origin, but is greatly superior to any of those ordinarily used as food except the fats of egg yolk. It occupies a unique place in the diet of man as the principal source of a protective substance, the lack of which leads to a peculiar pathological condition of the eyes. Butter is not the equivalent of milk from the dietary standpoint.

**Cheese Is a
Condimental
Food**

CHEESE made from whole milk contains most of the protein and fat and a large part of the lime of the milk from which it was made. It represents whole milk less the greater amount of its sugar, salts and a part of its protein. Cheese more nearly represents whole milk in its dietary value in respect to just those factors which are desirable for the improvement of vegetable foods, than does any other manufactured product of milk. It is, however, essentially a condimental food, and should not be eaten too freely for various reasons. It is an extremely concentrated food and may induce indigestion if taken in liberal amounts. Its bacteriological condition is frequently decidedly undesirable in that there are present large numbers of spores of putrefactive bacteria, which it is not well to introduce into the digestive tract unless it is in a very vigorous condition, and unless there are taken such other foods as tend to make an environment in the intestine which is unfavorable to their growth. The high degree of palatability of cheeses, especially the mild ones, makes their inclusion in the diet as an occasional constituent desirable. A liking for strong cheeses, which are actually in a state of putrefaction, must be acquired, and is the parallel of the liking for tainted meats which is seen in some people. There are sound physiolog-

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ical reasons against their use. Probably the best way to use cheese, especially for those whose digestion is not vigorous, is with macaroni or in a cream sauce, where it is heated before use, or toasted on crackers.

ICE CREAM is one of the most attractive forms in which to serve milk, as well as one of the simplest from the standpoint of labor. Flavored and sweetened as it is, it has found great favor in the American home because of its palatability. The commercial ice cream business has reached enormous proportions, and the tendency seems to be growing to purchase it from a dealer instead of freezing it in the home because of the trouble attending its preparation. It is easy to learn to operate an ice cream freezer and where fruits are available and cheap as they are on farms or in small villages these as well as milk and cream can be served in this most attractive form and with little expense.

**Frozen
Desserts
Should Be
Used
Frequently**

While there are doubtless many ice cream manufacturers who maintain high standards, some have abused the confidence of their customers by re-freezing and selling cream which has been left over, and melted. Sometimes stale milk which is not in good bacteriological condition is worked off in the frozen condition, masked by flavors and sweetening. When the ice cream mixture is frozen it "swells," or increases greatly in volume. This is advantageous up to a certain point for a heavy ice cream is not so good, and an amount which is taken at one time into the mouth would be too cold to be eaten in comfort. This difficulty is obviated by extending the lightness of the product by stirring air into it so that a spoonful contains only about half as much substance as it appears to contain. The swelling of ice cream during freezing is not to be regarded as unfair to the purchaser so long as the increase in volume is secured only for the purpose of making the product more pal-

**Beware of
Poor Ice
Cream**

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Increase in Volume During Freezing atable, and of a more pleasing texture than it would be if it were more solid. Among unscrupulous dealers it sometimes happens, however, that the volume is made just as large as possible in order to make possible the sale of more quarts of cream from a given amount of materials. This constitutes a method of securing excessive profits on a food product.

Fat Content of Ice Cream The fat content of ice cream varies greatly, and there is need of more uniform standards of composition. The best creams may contain as much as eighteen per cent of butter fat. Perhaps more than half of the commercial ice cream does not contain more than half this amount, and some samples of "hokey-pokey" ice creams which are sold to children in the poorer sections of cities have shown, on analysis, only two to four per cent of butter fat. Occasionally vegetable fats are put in instead of milk fat. This is adulteration.

Use of "Fillers" Cheap ice creams often contain large amounts of "fillers," consisting of cheaper materials such as corn-starch or skim milk. Fortunately skim milk is the most common of these, and as has been stated, this part of the milk has a greater food value than the cream, although its palatability is lower.

Within certain limits the intelligent adult will recognize quality in ice cream, and would not continue to purchase from a dealer whose product is too fluffy, but there should be carefully regulated standards for the amount of "swell" which is permitted. This is necessary for the protection of children especially.

Gelatin and Gums Frequently Used The use of small amounts of gelatin or of gums to improve the texture of ice cream is not necessary, where skill is employed in manufacture. Their use cannot be regarded as objectionable within ordinary limits. Gelatin is a food but cannot be used in very large amounts in ice cream without making it too stiff.

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The attractiveness of ice cream is so great that the poor children in large cities buy it in cones to a large extent rather than candy. This is probably responsible, in many cases, for the preservation of life in the case of children from homes where the diet consists of little more than bread, meat and tea or coffee. To be sure, in such homes the money could be much better spent for milk, since it would be cheaper, and for the same price, more could be purchased, and the children's diet improved in greater degree. As a rule, however, no milk would be bought by such people because it does not appeal so strongly to the appetite, and the money is better spent for ice cream, liberally "filled" with skim milk, than for more bread or meat. The casual purchase of ice cream by poor children is therefore a matter of much greater importance than it might at first thought appear to be.

**The Ice
Cream Cone
Purchased
by Poor
Children**

When ice cream is purchased, care should be taken to patronize the best manufacturers. By appreciating their high standards, and showing that appreciation, the abuses in the industry will be eliminated. The health department in every city should be able to advise the woman in the home concerning the most satisfactory dealers. It cannot be too often repeated that there is in every city an organization under the control of medical men and bacteriologists and chemists who are doing what they can to safe-guard the public interests in inspecting foods and market conditions. The public should appreciate them and aid them in their work, and in turn be aided by them.

**Consult
the Health
Department**

OLEOMARGARINE is made from various animal and vegetable fats and is sold as a substitute for butter. It has become widely used because of its lower cost as compared with butter. It cannot be denied that vegetable and animal fats have a dietary value and are wholesome foods. They lack the pe-

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culiar quality found in milk fats (butter) and egg yolk fats, however, and are not in every sense substitutes for butter.

Butter Substitutes

Since any diet which is derived solely from seed products, tubers and meat, or other foods having the same dietary properties, will be deficient in at least two respects, and the same type of diet without meat will be deficient in three respects, it requires something more than butter to correct them. For this reason we advise the use of milk in liberal amounts. It is immaterial whether the milk be separated into its constituents and used as skim milk in cookery, cream, butter, cheese, etc., or as whole milk as a beverage. The important point is to secure the consumption of a sufficient amount of all the constituents of milk. When this is accomplished in one way or another, it matters little what kind of fat one spreads on his bread.

Dietary Properties of the Egg

EGGS contain everything which the body needs for its development, but nevertheless need to be properly combined with other foods. Like milk and the leafy vegetables eggs are to be regarded as additions to the cereal, tuber and root portion of the food supply to improve its quality. They are to be classed with the protective foods, but lack two qualities of importance for which milk is remarkable. The portion of the egg after the shell is discarded, is not so rich in lime as it should be to supplement bread, cereals, potato, etc., and the egg favors the growth of putrefactive bacteria in the intestine in much the same way as does meat. The special role of milk in depressing these organisms is due to the milk sugar, which enables fermentative organisms to grow and keep down the more harmful rotting types. The fats of the egg have essentially the same dietary value as butter fat, and they are superior to vegetable fats or to the body fats of animals, such as lard, tallow, etc.

WHAT SHALL WE HAVE FOR DINNER?

Eggs are especially attractive both in appearance and flavor. Most persons will tire of them if served too frequently, but they have become so expensive that there is little danger of this in the average home. Where it is desired to practice economy, it is not wise to serve eggs directly, but to make use of them in the preparation of cakes and custards, or in ice cream, etc. In such forms they go further toward adding attractiveness to the diet than when served fried, boiled, poached, etc. They are especially attractive as a garnish for salads or spinach.

**Should be
Used in
Preparing
Desserts**

SUGAR was not used extensively until the last century. Before that time honey and manna were highly prized. Crude sugar had been manufactured in India from times of great antiquity, and the American Indians made maple sugar before the discovery of America. According to statistics a century ago the consumption of sugar in the United States was only about 11 pounds per person per year, but its use has increased very rapidly and has reached the remarkable figure of 86 pounds per person per year. This amount is certainly excessive. There are many persons who have developed an abnormal craving for sweets, which doubtless is reflected in poor nutrition. Sugar contains no mineral matter and is solely useful as a source of energy for keeping the body warm and for supplying energy for muscular work.

**Too Much
Sugar Being
Eaten**

Cane sugar is somewhat irritating to the digestive tract, and easily undergoes fermentation when the digestion is impaired, with the formation of gas. It is a valuable food when used in moderation, but the use of sugar and syrups in cookery and in the form of candies has gone beyond the bounds of reason or physiological justification. In particular, the craving for sweet foods leads to failure to appreciate the natural flavors of the ordinary wholesome foods, and incapacitates one for making a wise choice of food.

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While it is not wise to discontinue the use of sugar, it should be emphasized that the demand for sweet foods is an artificially acquired taste, and is almost as pernicious as the craving for alcohol.

Effects of Tea and Coffee

TEA AND COFFEE. These beverages, now so universally used in many countries, have a remarkable stimulating effect on the brain. They increase the reasoning power and the imagination. When taken by those who are not accustomed to their use they produce wakefulness. They are habit-forming beverages because of the alkaloid caffeine which they contain. They change the nature of the heart beat, and stimulate the action of the kidneys.

There has been much discussion as to the effects of the use of tea and coffee over a long period, but little definite can be said concerning them. In children they certainly contribute to instability of the nervous system, and their use during the growing period is universally condemned. Many persons become so habituated to their use that the omission of the customary dose leads to discomfort. Probably their use to this extent does some damage in the long run. When used very weak they furnish a hot drink which most adults enjoy, and when not used to excess their use probably gives sufficient satisfaction to counterbalance their slight detrimental effects.

For those who engage in mental work, the wisest policy would seem to be to refrain from acquiring the habit of regular coffee or tea drinking, and thereby preserve the sensitiveness of the nervous system for them, so that when one or another is taken on special occasions, a period of several hours of unusual intellectual clearness may be secured. Those who are inclined to nervousness would probably do well never to form the habit of drinking either, since their use tends to increase irritability.

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CHAPTER V.

DANGEROUS FOODS AND THE CARE OF FOOD IN THE HOME

DANGEROUS FOODS. Cases of food poisoning are frequently reported in the newspapers, but there is much reason to believe that they occur much oftener than they are reported, for mild cases naturally do not attract attention. Some foods are dangerous because they contain poisons, but the great majority of cases of poisoning by foods is the result of bacterial growth, or of the presence of bacteria which can infect man and cause illness. Everyone should be familiar with the fact that it is not safe to eat certain foods, and also with the danger which may result from failure to care for food properly in the home.

**Food
Poisoning
Is Common.**

Among the foods which are more or less commonly eaten by man, but which frequently cause illness or death, the mushrooms deserve first consideration. There are a number of varieties which closely resemble the edible species, and which are sometimes mistaken for them, which contain deadly poisons. No general directions can be given for distinguishing the safe from the unsafe kinds, for the features which distinguish them are not prominent, and can be safely judged only by one who has studied mushrooms very carefully. It is dangerous to eat mushrooms which have been gathered by anyone who has not had considerable experience, and especially who is familiar with the forms which grow in the particular locality. Many cases of poisoning have resulted among foreigners who were accustomed to gather mushrooms with confidence and safety in their own country, but who mistook related species or varieties which were deadly for similar ones which are harmless.

**Mushroom
Poisoning**

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**Oxalic Acid
In Some
Plants** Some species of sorrel are very rich in oxalic acid, a highly poisonous substance, while others contain much less. It is not safe to use sorrels indiscriminately for the preparation of "sour-grass soup," or for pies, as was formerly common in the Middle West. It is better to entirely avoid eating sorrel of any kind, and especially discourage children from eating it, as they frequently do in rural districts.

A number of cases of poisoning with oxalic acid were reported in England during the war as the result of people eating the leaves of rhubarb. The stems contain much less of the acid than do the leaves, and the latter should never be used as greens. It is not wise to eat rhubarb stalks beyond very moderate amounts and then not regularly.

**Fresh Fish
Generally
Safe** FISH. Some species of fish are poisonous at all times (globe-fish, puffers and balloon fish), but these and others, especially those from the waters of temperate regions, are well recognized as dangerous and are not offered for sale. Certain other fish are poisonous only during the spawning season, and are not offered for sale at this time. It may be definitely stated that there is no danger in the use of fish which are commonly sold, but with the growing demand for additional sources of food at the present time, there is some cause to be careful about the use of a fish which has not generally been upon the market. The U. S. Bureau of Fisheries has given close attention to the supervision of fishes sold as food and there is but very remote possibility of poisoning from fish which are inherently dangerous.

INFECTED FOODS. By far the greatest danger from food poisoning lies in the use of food which is infected with bacteria which either generate poisons in it, or which cause infection when they are taken into the digestive tract. In most cases poisoning from this source is easily avoidable if certain sim-

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ple rules are observed. The danger is greatest from badly handled milk, meats and fish, but occasionally other foods have been implicated in cases of food poisoning.

Gastrointestinal disturbances affecting a number of persons, which develop shortly after eating of the same dish, are as a rule due to infection by an organism known as the paratyphoid bacillus. Infection has not infrequently followed the eating of meat from an animal which was ill when slaughtered. The Department of Agriculture now maintains a very efficient meat inspection service at all points where large numbers of animals are killed for food purposes, and the danger to the public health is greatly minimized thereby. The meat from infected animals may present no evidences of abnormality, either in color, odor or consistency, but illness may follow the consumption of very small amounts. There is more danger in meats which are obtained from animals slaughtered outside of regularly established and inspected abattoirs.

**Intestinal
Infection
from
Spoiled
Foods**

MEAT INFECTION BY DISEASED PERSONS. There is always the possibility that meat or other food may become infected by being handled in the home by a person who persistently harbors the paratyphoid organism in the intestine. These persons eliminate large numbers of the bacteria in the urine, and unless their standards of personal cleanliness are very high they become a source of danger to the health of the household, especially if they handle food. Food which becomes contaminated with these organisms is rendered harmless by thorough cooking, but heating in such a manner as does not cause the interior part of it to become sterilized leads to the infection of those who eat it. It becomes especially dangerous when kept at room

**Diseased
Persons
Should Not
Handle
Food**

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temperature or in an inefficient refrigerator for a time after imperfect cooking.

Persons suffering from diarrhea should never prepare food for others, and too great care cannot be exercised about cleanliness of the hands of all who are engaged in cooking. Thorough cooking is the best safeguard against this type of food poisoning, but it must be remembered that in ordinary kitchen practice the interior of a roast, or of many baked dishes, fails to reach a sufficiently high temperature to destroy the offending organisms if they be present. There are many evidences of this in the data collected in epidemics of food poisoning. The old name of ptomaine poisoning is now falling into disuse, since it has been learned that bacteria are generally the active agents which cause the trouble.

**Instances
of Food
Poisoning.**

Fifty-five girls in a school in Ireland ate of a beef stew, the meat of which was infected. Fifty-three of them were made ill, and eight died. Others among the girls who ate some of the beef as a cold meat were made seriously ill. In this case the meat was not sufficiently heated in the preparation of the stew, to render it harmless.

In 1915 there was an outbreak of food poisoning at Westerly, Rhode Island, which was traced to the eating of infected pies. Apple, squash, custard, lemon and chocolate pies were all found to have caused illness of people who ate at a certain restaurant, and the cause was found to lie in the use of the same batch of crust for the entire lot of pies. The person who prepared the crust was doubtless infected with the paratyphoid bacillus.

A remarkable outbreak of poisoning from food occurred at Hanford, California, in 1914, at a church supper. Ninety-three persons were infected with typhoid fever. Only those who ate of a dish of spaghetti were made ill, and the source of the infection

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was traced to the woman who prepared this food. She was a typhoid carrier, and had contaminated the spaghetti with her hands, which were unclean. The organisms developed rapidly in the interval before baking, and the interior of the mass was not sufficiently heated to destroy them. The State Department of Health of California conducted experiments with baking spaghetti, and found that such heat treatment as was given the dish which was served at the church supper only served to render the central portion warm enough to enable the germs of typhoid fever to multiply rapidly.

**A Typhoid
Outbreak
From a
Church
Supper**

Such serious instances of poisoning are rare, but smaller ones in which the members of a single family or a slightly larger group are affected are quite common. The danger is sufficiently great to warrant cautioning all who prepare food or who supervise others who do so, to be on their guard, and to acquire habits of thoroughness in the heating of foods of certain kinds, so as to make it impossible for dangerous organisms such as those of typhoid or paratyphoid fever to survive.

**Danger
Sufficient
to Warrant
Caution**

The history of epidemics of food poisoning also make it clear that the health of all persons who prepare or serve food in public eating places should be carefully looked after. The tragic history of Mary Mallory illustrates an extreme case of the infection of others by a person who persistently carried the germs of typhoid fever. She was a cook and served in and about New York City. One large hospital epidemic and at least seven family epidemics were traced to her.

**The
Typhoid
Carrier**

The protection of food against contamination with typhoid organisms through water containing them is another important matter which should be understood by all. A well which is regarded as safe as a source of water may suddenly become dangerous

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after a heavy rain which has washed into it surface water from soil contaminated with human excreta. In most cities the water supply is now carefully looked after, and the transmission of disease by it is steadily becoming less common, but on farms and in villages there may still be considerable danger from this source. Since the family milk supply usually comes from farms which are not above suspicion, it is best that all milk not from certified sources should be heated sufficiently (pasteurized) to render it safe. Water which has become contaminated with sewage may be a source of danger in transmitting harmful bacteria to food which has been washed in it, or the contamination may be brought about by washing milk cans or other utensils or dishes with impure water. The logic of rinsing dishes after washing in scalding water rests on a sound hygienic basis. Once typhoid or paratyphoid organisms are introduced into food, they may multiply very rapidly if the temperature is suitable as it is in hot weather, and food which was wholesome becomes within a day or two a menace to the health of those who eat it. City water which is carefully guarded as to its purity not infrequently becomes more or less dangerous immediately after a heavy storm which floods the sewers and washes unusual quantities of surface water into the reservoirs. At such times it would make for safety to the health of the family if the drinking water for a few days was boiled.

**Impure
Water May
Cause
Disease**

A large proportion of those outbreaks of food poisoning which have been investigated have been due to sausage and other chopped meats. The reason for this is clear. The meat during the chopping process is greatly exposed to contamination, and when this occurs the germs of a harmful nature become well distributed throughout the mass. The limited supply of oxygen in the interior favors their

**Sausage and
Chopped
Meats**

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growth. Such meats are frequently allowed to grow stale before being sold to the consumer, and sausage and Hamburg steak are not infrequently eaten without adequate heating to render them safe. Sausage of the kinds which are eaten raw are by no means safe foods. Meat pies and meat jellies have caused many outbreaks of food poisoning because of the common failure to heat them sufficiently before being eaten.

Because of the special importance of milk as a human food, and the common habit of taking it raw except in the larger cities, it deserves special consideration. Milk has been responsible for many cases of food-born infections because it is especially liable to become infected. Probably no less than ten per cent of all dairy cows in the country are infected with tuberculosis. The bovine tubercle bacillus is different in several respects from the human type, and there was for a time much discussion as to whether the bovine form could infect human beings. The evidence is overwhelmingly in support of the view that the human infant and the young of domestic animals can contract the disease from the milk of tuberculous cows. Milk from diseased cows is much less dangerous to adults, but there are obvious esthetic reasons, if no other were available, why such milk should not be used as food.

**Milk Should
Come from
Healthy
Cows**

The opportunity for milk to become infected is very great. Cows are rarely kept as clean as they should be; the dust from the air of the barn always gets into the milk pail to some extent even where satisfactory care is exercised; the udder of the cow now and then becomes infected with pathogenic bacteria; the hands of the milker are not always clean; the health of the milker is not always good, and is sometimes such as to disqualify him for his business. Yet in many instances he continues to milk during tem-

**Dangers
from Raw
Milk**

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porary illness or during the early stages of disease which later incapacitates him for work. Add these factors to the long interval between the drawing of the milk and its delivery, which not infrequently intervenes when milk has to be carried from the farm to the city; the common practice of delivering the milk from a number of farms mixed in the city, and it can be readily appreciated that some precautions must be taken to render such milk harmless as a food.

Common Milk Borne Diseases

The common milk-borne infections are typhoid fever, scarlet fever, tuberculosis, and the organism which has been found in many cases to be responsible for epidemics of sore throat. All of these organisms are easily destroyed by heating for a short time at temperatures considerably below the boiling point of water, and several methods have been proposed and more or less widely adopted for such treatment of market milk. These processes are known as pasteurization, after Pasteur, the famous French bacteriologist, who first enunciated the principle upon which it rests. In some cases the milk is heated to a temperature of 170-180 degrees Fahrenheit for a period of ten minutes; in others to 165 degrees for twenty minutes, and in still others at 140-145 degrees for thirty minutes. The higher the temperature the shorter the period required to destroy all those forms of organisms which may cause disease. The treatments just described are all capable of rendering milk safe for human consumption, but the tendency has been to adopt more and more the practice of heating to the lower temperatures and for the longer period, because the flavor of the milk is less altered by this method than by heating to higher temperatures. The taste is in all cases modified to some extent, but when the process is properly carried out, this is negligible.

Pasteuri- zation

All milk which is derived from several farms which are not regularly and effectively inspected to

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determine the health of the cows and the standards of cleanliness of the management, should be pasteurized as a health measure. Pasteurized milk is, so far as can be determined, the equivalent of fresh milk in its food value, except that it has lost in some measure its power to protect against the development of scurvy. This is not a matter of any importance in the nutrition of adults who take an ordinary varied diet, but may be a serious matter in the feeding of an infant which is fed on cows' milk exclusively over a considerable period. The adult never lives exclusively on a milk diet except as a special therapeutic measure, and even then the juice of lemons or oranges is generally taken in fairly liberal amounts because it makes easier the drinking of milk in liberal amounts at frequent intervals. The citrous fruits are especially good for supplying the antiscorbutic substance. When an infant is fed pasteurized milk it should always be given orange juice daily. This is discussed in greater detail in chapter II.

**Food Value
of Pasteur-
ized Milk**

Pasteurization does not kill all of the bacteria in milk. The dangerous forms are all killed, and according to the temperature and time of heating, the number of organisms of the kind which cause the normal souring of milk will be reduced or may be entirely destroyed. All milks which are pasteurized at the lower temperatures named will sour irrespective of the subsequent accidental or intentional introduction of the lactic acid organism. Milk which is pasteurized at high temperatures will generally not sour at all or sour so slowly that other types of decomposition mask it, and the milk spoils by unwholesome processes. Even the best pasteurized product will ordinarily sour more slowly than will raw milk, and this is an important factor in determining the fitness of old milk which has been subjected to this treatment.

**Bacteria
In Milk Not
All Killed by
Pasteuriza-
tion**

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There are always found in milk a certain number of spores of bacteria of the type which cause the putrefaction of milk proteins; and unfortunately these are very resistant to heat and survive the pasteurization process. When unheated milk is allowed to sour, the accumulation of lactic acid serves to depress the growth of the organisms which would cause a rotting decomposition of the milk proteins. Clean milk which has soured is therefore a wholesome food. The souring process serves to preserve its food value. It also serves as an excellent criterion of the freshness of the milk which is sold to the consumer in the city, for her taste will quickly detect it. If, therefore, raw milk were marketed, the rapidity of souring would force the distributor to handle the product properly in order to prevent loss. He would avoid loss by efficiently refrigerating, and promptly delivering his milk. While pasteurization of milk has great advantages from the standpoint of protecting the public against several diseases, the treatment also changes its bacterial content so as to make it especially necessary to safeguard it by proper care so as to prevent its becoming unwholesome.

**Normal
Souring
Prevents
Unwhole-
some De-
composition.**

The slow souring of pasteurized milk gives an opportunity for the bacteria which form unwholesome products in it to develop. Unfortunately the sense of taste does not readily detect changes of this nature so readily as it does the accumulation of acid. Stale pasteurized milk is therefore unfit for human consumption and should not be sold. The consumer is not in a position to determine the quality of the market milk which she receives, and must rely on the health authorities for protection. She should assist them by reporting milk which develops a bad flavor, or which does not keep wholesome for at least twenty-four hours in the home provided it has not been allowed to stand in the bottle on the door step after it

**Stale
Pasteurized
Milk Not
Fit for Food**

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was delivered, but was promptly placed in an efficient refrigerator.

The housewife should inquire of the health department about the standards of the milk distributor whom she patronizes, and co-operate with this department in securing for the city a first class milk supply. Too much importance should not be attached to the total bacterial count as a basis of judgment of the quality of milk and its fitness for food. A high count, if due solely to the presence of the normal souring organisms in warm weather, may have little significance, although it calls for vigilance. It is the number of gas formers which is of greatest moment and the bacteriologist of the health department alone can determine when the condition of the market milk calls for criticism in many instances.

**Total
Number of
Bacteria
In Milk
Not Very
Significant**

Milk which contains excessive numbers of bacteria may be permissible as food for adults provided it is used in cookery and is boiled sufficiently to render it harmless. It is not so wholesome a food as fresh, clean milk, however, and any which is in a bad bacteriological condition should never be used for children even when bottled, as it is dangerous.

**Low Grade
Milk May
Be Used
In Cookery**

The human infant is so delicate that its health is put in jeopardy by feeding it any milk other than the freshest, cleanest and most wholesome that can be obtained. The indifference with which many people feed canned or stale milks to infants and young children is little short of criminal, and when sane advice by competent bacteriologists and medical men in the health departments is now almost everywhere to be freely had for the asking, such practices cannot be excused on the basis of ignorance. An excellent method of fulfilling the duties of good citizenship is to keep conversant with the reports of the health department, and to co-operate with it in every way possible to protect the health of the community. Vig-

**Do Not Feed
Infants
Stale
Milk**

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ilance of the milk supply and of the inspection of water and foods by the proper authorities is a duty of every conscientious member of the community.

**Canned Milk
Should Be
Used Only
by Adults**

CANNED MILK. Milk production cannot be regulated according to the demands of the season. There will always be a surplus at some seasons when enough is produced to supply the public during the part of the year when the flow is smallest. This surplus is taken care of principally through canning of partly evaporated milk. The canned milk industry serves the useful function of preservation for future use of a valuable food resource which would otherwise have to go for stock feeding or be wasted.

**Sweetened
and Un-
sweetened
Canned
Milks**

Canned milks are of two classes: sweetened and unsweetened. Part of the water is removed by evaporation, and this evaporated product is placed in cans and sealed with suitable "processing" or heating to render it sterile, or nearly so, to prevent spoilage. Such unsweetened canned milk is called **evaporated milk**. **Condensed milk** always designates a product which has been treated in the manner described and with the subsequent addition of sufficient cane sugar to aid in its preservation. Bacteria do not grow well in highly sweetened foods, a fact which forms the basis of preserving foods such as fruits, jellies, etc., by the addition of much sugar. It is necessary to heat unsweetened, canned milk to a higher temperature and for a longer time to prevent subsequent bacterial decomposition, than condensed milk which is partly preserved by sweetening. The sweetened product does not need to be sterile in order to keep until marketed, and as one would expect, there are some cans which are not in as good bacteriological condition as others.

All canned milks have been heated sufficiently to alter their flavors. All have been heated much higher than the temperature employed in pasteurization. All

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heated milks have lost in great measure their power to prevent scurvy from developing, but this is not under ordinary conditions of living a matter of any importance for adults. It may become a matter of great gravity in feeding soldiers during a siege, or in garrisons, or prisoners, when they are confined to a monotonous diet free from fresh fruits or vegetables. The latter supply the necessary protective substance for this purpose.

**Canned
Milks Will
Not Prevent
Scurvy**

Canned milks are not proper food for infants or young children. They may be used with safety and profit by adults where fresh milk cannot be obtained, and a large market is assured for them in such places. It cannot be denied that children have succeeded in growing up on such milks, but they are greatly jeopardized by being confined to them. Experienced baby specialists are all agreed that the bones of an infant do not as a rule develop normally when it is confined for a prolonged period to canned milk. The administration of orange juice or other fresh fruit juice may prevent the development of scurvy, but according to some specialists does not prevent rickets. It is true that many will testify to the experience that an infant may do better for a time on sweetened canned milk than it previously did on fresh raw or pasteurized milk. The beneficial effects of such a change of diet are to be explained by the action of the large amount of sugar in the canned milk, which discourage the growth of some pernicious type of organism which was flourishing in the intestine of the infant and making it ill. This does not serve to establish that canned milk is a good and safe infant food. It would be much better where the physician desires to add sugar to the diet for this purpose, to add it to clean, fresh milk, certified if it is obtainable, and if not, to the best fresh pasteurized milk which can be had.

**Mistaken
Ideas About
Sweetened
Canned
Milk**

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Milk Powders

DRIED MILKS. What has been said of canned milks may probably also be said of ordinary dried milk, but too little experience is available in the use of the very best qualities of milk powders to warrant an expression of opinion regarding their value in infant feeding. There is much less heating in the most perfect processes for the preparation of high grade milk powders than in the canning of milks. The product prepared by the spray process appears to be superior to all others. The milk is first partly condensed by distilling off moisture in a partial vacuum, and the concentrated solution of milk solids which results is sprayed in the form of fine droplets into a large chamber, which is thoroughly ventilated by a blast of warm air. This carries away the water content of the milk almost instantaneously, and the solids of the milk fall in the form of a snowy powder. This redissolves readily in water and forms a "reconstituted" milk which can scarcely be told from fresh milk. It is therefore vastly superior to canned milks in flavor, and forms a wholesome food with excellent keeping qualities. Conversion into the finest grade of powder forms the most satisfactory method of preserving milk which has been devised.

Botulism from Spoiled Meats, etc

BOTULISM. There is a kind of food poisoning which has fortunately not become common in the United States, but has occasionally occurred. It is much more frequently met with in Europe. It is due to the ingestion of the poisonous body formed in foods by the organism bacillus botulinus, and the condition which the poison produces is known as botulism. The name comes from the Latin word for sausage, because this article has been more frequently responsible for this type of poisoning than any other. Stale foods of any kind are liable to harbor this bacillus and its poison. It has been traced to canned beans, canned pork and beans and to stale chicken

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and other remnants of meat which have been made into sandwiches. The trouble is not due to the ingestion of the organism itself, for it does not grow at body temperature, although it thrives at ordinary room temperatures. During growth it forms the poison, the ingestion of which produces a most serious and frequently fatal intoxication.

The botulinus organism cannot develop in the presence of air, and this fact together with its inability to grow at body temperature doubtless accounts for its infrequent observation. The poison is easily destroyed by heating to the temperature of boiling water, so that if an article of food were badly infected and highly toxic, it would no longer be dangerous if, as is usually the case, it were heated to boiling before serving. It may develop in the interior of a piece of meat but occurs most frequently in canned goods which have not been heated in processing for a sufficient length of time to kill its spores. It should be the invariable rule to heat all canned goods to boiling before serving. If this is done there is no danger whatever from this variety of food poisoning.

**Danger In
Stale Meats**

CANNED GOODS. The practice of preserving food by sealing it in air tight cans and sterilizing by heat did not become common until the Civil War, but since then food canning has grown to be an enormous industry. There has been a tendency for many years on the part of the public to be suspicious of the quality of canned foods. The most serious outbreak of criticism arose during the Spanish-American war in connection with the beef supplied to the soldiers in Cuba. The canned meat was apparently in good condition, and was pronounced wholesome by competent and unprejudiced scientists, but the boys came to dislike it, presumably because they were fed excessive amounts of meat, rich in fat, in a semi-tropical climate. As would be expected, they became

**Suspicion
of Canned
Foods**

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Canned
Foods Are
Usually
Safe

disgusted at the sight of canned meat. The newspapers, championing the cause of the soldier, heralded the unpleasant appellation "embalmed beef" widely and helped to establish in the mind of the public a distrust of canned foods in general. Whenever there has occurred a case of food poisoning sufficiently serious to attract attention, suspicion has invariably fallen on any canned article which has been recently eaten. In many cases these suspicions have been unfounded, but occasionally there has occurred a case of poisoning from canned foods.

Canned meats are probably safer in general than beef or fowl left over from a former repast and served when several days old as cold meat, or in the form of sandwiches. They are certainly much safer than sausages or hamburg steaks or than lobster. The latter spoils so readily that it is customary to market them alive, to be killed at the time their preparation for the table is begun. There is difficulty in keeping them alive in some cases, and it not infrequently happens that the dealer forces the purchaser to take some dead with living ones. The number of cases of poisoning from lobster has not been so great or so frequent as to cause undue alarm. It may be considered in general a safe food provided ordinary care is exercised. Canned lobster is probably as safe as other canned meats, and the same may be said of other sea foods.

From time to time the objection has been raised against canned foods that they are liable to contain dissolved tin from the can or lead from the solder. Such objections have not found much support from chemical analysis. It is true that acid fruits, and among the vegetables, especially asparagus, may dissolve a considerable amount of tin, but the practice of using lacquered or enameled containers has in-

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creased to a considerable extent during recent years and minimizes this difficulty.

RAW FOODS. The danger from the use of raw milk and sausage has been already discussed. It may be added that there are certain animal parasites, the most important among which in temperate regions are trichina and tape worm, which enter the system only through the use of meats which are infested with the encysted larvae. Trichina comes from raw or under-cooked pork. It has been stated even in recent years that about six per cent of all hogs slaughtered harbor this parasite. It is especially dangerous since there is no effective cure for it once it enters the muscles. This the larvae do by penetrating the intestinal wall. The disease, in cases where the number of parasites which enter the tissues is small, is not fatal, but causes much suffering.

**Dangers
from Raw
Meats**

**Trichina
from Raw
Pork**

Tapeworm is almost always derived from eating beef which is raw or under cooked. It, as well as trichina, can be entirely avoided by thorough cooking of the meat. There is a dwarf tapeworm which is parasitic in the hog and the rat, and food contaminated by its eggs forms the source from which these animals become its hosts. These and a few other parasites which occasionally infest men are sufficiently common in animals which are used as food, so that it is very important that all food of this nature should be heated so thoroughly as to destroy the larvae.

**Tapeworm
from Raw
Beef.**

The belief is held by a few faddists that man would be better nourished if he ate only raw foods. This subject needs little discussion for the practice would greatly restrict the list of articles which could be eaten with safety. While some of the lower animals can eat foods containing raw starch, most of these articles are not safe for man and produce indigestion if eaten freely. The starch granules are

**The Raw
Food Fad**

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Most Vegetables Should be Cooked individually wrapped in a paper-like cellulose membrane which is of such a nature that it is not dissolved by any of the digestive juices in the alimentary tract of man. Cooking causes the bursting of this membrane, and the setting free of the starch, which makes it possible for the digestive ferments to come into intimate contact with it. The flavors of various foods are markedly improved by cooking, and, without exception, their digestibility as well.

Almost all vegetables from the garden are eaten only after cooking. The most important exceptions are lettuce, tomato, celery, onion and radish. These, if thoroughly washed, are entirely safe, except in a few cases where the inexcusable practice is followed of fertilizing the ground with night soil. This practice is very common in China, and may contaminate vegetables with the typhoid organism. For esthetic reasons, if for no other, the use of this method of fertilizing cannot be too strongly condemned.

Foods Which May be Eaten Raw Fruits and berries are frequently eaten raw, and this is to be recommended when practicable. It has been stated that the substance in natural foods which prevents scurvy is the most easily destroyed constituent of our diet, and most cooked foods as well as those which have been sterilized by canning, or even subjected to the lesser degree of heat necessary for pasteurization, will be lacking in this dietary essential. There are probably a very few foods which can be heated or dried without complete loss of this substance. The tomato appears to be one of these. The best way to introduce this protective substance into the diet is in such fruits as can be eaten raw with safety. Apples, pears, peaches, oranges, bananas and berries serve this purpose admirably. They are clean enough to eat when washed or peeled. The juice of the lemon or orange is apparently one of the best sources of the protective substance against

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scurvy. Berries need special care in washing because in many cases some or all of them are liable to have been in contact with the soil, on account of the lowness of the vine, or the tendency of the canes to droop to the ground when loaded with fruit. They are not therefore so safe for children as fruits which are peeled. Nuts, being protected by a shell, are exceptionally clean and suitable for eating raw. Their palatability is high, and they are very desirable for the sake of variety and palatability in the diet. They have the advantage that they need no preparation. All human foods, except the meats, fruits and nuts are of relatively low palatability. These few are therefore of special value for their appetizing qualities.

REFRIGERATION OF FOOD IN THE HOME. Since all uncooked foods are more or less contaminated with bacteria, and all cooked foods readily become seeded with organisms from the air and handling, all will undergo decomposition if kept too long. The spoilage takes place slower at low temperature than at high; hence the desirability of having a good refrigerator in the home for the preservation of food. Many refrigerators and ice boxes are practically worthless because of faulty construction or lack of sufficient ice. A small ice box is frequently an expensive luxury, which wastes ice and fails to preserve food, while a big refrigerator is true economy. Many household refrigerators do not maintain a temperature below 55 to 58 degrees F. and at these temperatures most forms of bacteria continue to grow fairly rapidly. The temperature should be not higher than 45 degrees around the food.

**Keep a
Good
Refrigerator**

It never pays to buy less ice than the maximum which the refrigerator will hold. Ice melts faster if the temperature is high than if it is low, so the greater the amount of ice in the compartment, and the more

**Do Not
Economize
On Ice**

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efficient the lowering of the temperature the greater the saving in the rate of melting as well as increased thoroughness in the cooling of the food.

The refrigerator should be cleaned at least once a week. The water from melted ice should not be used for cool drinks, nor should it come into contact with food, unless the ice is frozen artificially and from boiled or distilled water. Natural ice frequently contains the germs of typhoid fever.

Most refrigerators are so constructed that the water drips away as fast as it is formed, and while it is still nearly ice cold. Much of the refrigerating power of it is of course lost. The ice compartment should be a water tight box in which the water accumulates around the ice. This prevents rapid melting of the ice, and secured the full cooling power of the ice water. The water may be drawn off each day before the compartment is re-filled. The temperature of water in which ice is floating will be but a few degrees above the freezing point, and when milk is being kept for feeding an infant over a twenty-four hour period, the bottle should be immersed in this ice water, rather than allowed to stand in air beside a cake of ice, since it will be much colder in the water.

**How to
Keep
Baby's
Milk Cold**

SAFETY AND ESTHETIC STANDARDS IN FOOD.—Disease is mainly contracted through direct contact with a diseased person or animal or with its secretions or excretions. Next in importance as cause of disease is food which has become contaminated with bacteria. Lack of cleanliness in the home or surroundings is of much less importance in the dissemination of disease. The views regarding the relative importance of these factors have been completely reversed within recent years.

**Esthetic
Standards
and Safety
In Foods**

The discriminating part of the public now demands cleanliness in the handling of food and drink, and attractiveness in appearance and manner of serv-

WHAT SHALL WE HAVE FOR DINNER?

ing, wholly aside from any element of danger to health which may be involved in methods which do not meet with their approval. This appreciation of cleanliness, apart from the protection which it affords against infection, is a purely esthetic factor which has greatly modified the handling of food by dealers. It is now common practice to demand single service packages in the serving of food in public eating places, and of package foods in the home. Laws have been enacted and enforced to prevent the exposure of foods to dust of the street or to insects. Bread must be wrapped if it is to find its way into many homes. Bottled water is purchased by many at great expense because of a highly developed sense of decency, and a demand for attractive appearance in food and drink.

**The Grading
of Milk
According
to Its
Cleanness**

The classification of milk into A, B and C grades is a notable illustration of the demand of the public for a clean product, notwithstanding that all grades may be rendered comparatively safe for consumption by adults by means of pasteurization. People have come to appreciate milk which has been collected under hygienic conditions and are willing in many cases to pay an additional price for the assurance that their food has never been allowed to become contaminated at any time, irrespective of the fact that it may have been subsequently rendered entirely safe by heating. The demand for bottled water at a high price instead of city water which has been treated chemically in order to render it safe provided it may have been contaminated before treatment, illustrates the same tendency.

Doubtless the instinct for cleanliness had its origin in a realization that a relation sometimes exists between dirt, insects and disease, but it can be readily appreciated that the esthetic demands of the public, or at least a part of it, have gone far beyond the point where safety alone is involved.

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Object of
Food
Inspection

In the main the supervision of the manufacture and handling of food by the officials charged with this duty must necessarily have safety to health as its watchword, rather than a high standard of excellence, for the gratification of the esthetic sense of enjoyment of eating food which has never been allowed to become contaminated at any time. It is not easy to draw a line between the reasonable and the unreasonable in respect to this matter.

A good general plan will be to demand extreme care in the manufacture and handling of those foods which are to be eaten in the home without further heat treatment. Bread, crackers, pastry, etc., fall into this class, as do also breakfast cereals and milk or cream and butter.

The protection of cooked meats from dust is so simple and makes for safety in some degree, that vigilance in enforcing laws for securing it are warranted. It is much less necessary to demand extreme cleanliness in fruits which can be washed and peeled before consumption, or in vegetables which are to be thoroughly cooked before serving.

Some Are
Over-sensitive
About
Cleanliness

It is easily possible to cultivate an abnormal standard of esthetic demands for cleanliness and attractiveness in food, and to establish very expensive standards which many individuals cannot afford. It is unfortunate, indeed, for a person to be so observant and critical about food that he or she is unable to enjoy food which is prepared in the average public eating place under conditions which are acceptable to the ordinary individual. Nevertheless a standard which demands something beyond mere safety from infection with disease germs is desirable.

WHAT SHALL WE HAVE FOR DINNER?

CHAPTER VI

SPECIAL CONSIDERATIONS TO BE OBSERVED IN THE FEEDING OF YOUNG CHILDREN

The unborn infant is nourished by the substances which circulate in the blood of the mother, although the mother's blood does not mix with that of the child. The nutrition of the child begins with the beginning of prenatal life, and the diet of the mother should be such as will insure that her blood carries everything which is necessary for the nourishment of her unborn infant. It should likewise be such that her blood will carry as little as possible of foreign and obnoxious substances which are derived from bacterial decomposition of food in her digestive tract. In the light of all that we now know, this can best be accomplished by the mother adhering in great measure to a lacto-vegetarian diet, in which green vegetables are abundant.

**The
Nutrition
of the
Unborn**

The pregnant woman should understand that she should not be over abstemious. Neither should she feel that she should eat more than her appetite calls for. The additional demand on her nutrition at this time is not so great as might appear on first thought. The formation of a seven pound baby, about three-fourths of whose weight is water, demands, during a period of nine months but little daily contribution of food material from the mother. The most important consideration is to furnish the developing child with the right kinds of substances for its growth. This is best accomplished by a diet which best promotes the health of the mother.

Every baby should be nursed by its mother. This is the only natural method of feeding an infant. An eminent pediatrician, Dr. Schlossmann, has aptly

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**Every Baby
Should be
Nursed**

termed bottle feeding "unnatural," and experience amply justifies the use of this harsh word instead of the better-sounding common term "artificial" feeding. In 1901 Westergaard presented statistics which show that the mortality of infants fed on cows' milk is from five to ten times greater than among those fed on mothers' milk.

**Diet of
Mother
Important
for Milk
Production.**

The character of the diet of the mother is a factor of the greatest importance for the production of an adequate supply of milk of good quality. In the Philippine Islands, among mothers who live on very poor diets largely vegetable, the loss of infants is much higher when they are nursed than when they are fed on cows' milk. Yet in this tropical climate the mortality among "unnaturally" fed babies is much greater than it is among babies fed cows' milk in the United States, because of lack of care in the handling of the milk, and consequent bad bacteriological condition. The best diet for the nursing mother is a milk and vegetable diet in which lettuce, spinach, cabbage, Brussels sprouts, chard, collards, turnip greens or other leafy vegetables and fruits are abundant. Meat should be eaten but sparingly, but should be used in cookery to confer palatability on the vegetable foods.

**Mortality
of Babies
In the
Philippines**

**Nursing
Mother
Requires
the
Protective
Foods**

There is good reason to believe that the common practice of deriving too large a part of the diet from meat, bread, sugar, potatoes, breakfast cereals, peas and beans is in no small measure responsible for the failure of many mothers to produce milk of satisfactory quantity and quality for the nutrition of their infants. There is no hardship in restriction of the intake of meat and increasing the consumption of milk and the green vegetables, and the mother who does so will greatly minimize the danger of a break in the healthy growth of her baby.

When it is absolutely necessary to feed a baby on something other than the mother's milk the first

WHAT SHALL WE HAVE FOR DINNER?

choice of substitutes is the milk of the goat. Many persons in large cities cannot readily keep a goat for this purpose, but in villages or on farms it is always easy to do so. The goat does not suffer from tuberculosis as does the cow. It has been estimated that at least ten per cent of all dairy cows in the United States are infected with this disease, and it is readily transmitted to a young infant through the milk if it is fed raw. When pasteurized milk is used there is no danger from this source, but pasteurized milk is not so satisfactory for an infant as is raw milk. It is vastly superior to the average raw milk which is sold in cities, however, and should always be selected instead of the latter unless certified milk is procured.

**A Goat as
a Foster
Mother**

When a goat is kept for an infant, doubtless the best method of feeding is to apply the child directly to the nipple of the animal and let it suck. In this way it will get its milk free from bacteria. The nipple should be carefully washed with several portions of boiled water; not several times with the same water. If this method is not followed, the goat should be milked immediately before each feeding. The milking should be done directly into the bottle from which the child is to be fed. The bottle should be washed thoroughly with warm water and soap after use and well rinsed with boiled water. Special care should be taken to keep the nipple clean by forcing warm, soapy water through it. Do not use the same dish mop for washing baby's bottle that is used for the family dishes. Have a special one for this purpose and rinse it free from soapy water after use. Hang it where flies cannot reach it when not in use and do not lay it in the kitchen sink or on the kitchen table.

**How to
Wash
Baby's
Bottle**

After goat's milk, fresh pasteurized milk from the cow forms the best food which is usually available for an infant. If the cost is not prohibitive it is best to

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Use Milk from Healthy Cows In Infant Feeding purchase certified milk for a baby during the first year and a half of its life. Certified milk is milk which has been obtained from cows which are carefully inspected at frequent intervals and are known to be free from disease; the standard of cleanliness in the barn is known to be high and the health of the milkers is carefully watched. When cows' milk is fed to an infant it is best to skim off half of the cream.

Keep Baby's Milk Cold Until Feeding Time, Then Warm It. It is of the greatest importance to keep baby's milk as cold as possible from the moment it is delivered at the door until it is used. The most efficient way to do this is to have an ice box in which the ice is kept in a deep pan in which the water from the melting ice accumulates. The bottle of milk submerged partly in this water containing a piece of ice will be many degrees colder than it would be in an ordinary refrigerator, even when standing beside the ice.

Orange Juice for Infants When pasteurized milk is employed in infant feeding the child should be given a teaspoonful of orange juice daily after it is a month old. The amount should be increased gradually as the child grows older. At three or four months it should have a tablespoonful daily.

Spinach for Babies. At a meeting of baby specialists in 1917 the subject of feeding green vegetables was thoroughly discussed. The fact was brought out that the practice of giving infants well cooked spinach when their nutritive condition is below normal, has been widely adopted and with excellent results. The fact was emphasized that the spinach should be steamed rather than boiled since it loses less mineral salts in steaming. It should never be fed without being rubbed through a sieve to break it up finely and to remove all coarse particles. Feeding spinach may be begun at the age of six months. A tablespoonful a day may be given at this age and the amount may be increased

WHAT SHALL WE HAVE FOR DINNER?

to double this amount at nine or ten months and to three spoonfuls after the child is a year old. Orange juice should be continued with the spinach.

The practice of feeding infants sweetened evaporated milk has grown enormously during recent years and has done incalculable damage to many thousands. Canned milks are not fit food for infants and should be used only when nothing else is available and then for as short a time as possible. The bones do not develop normally on this food and physical weakness and low vitality in later life is almost sure to result. The death rate of infants is universally admitted to be abnormally high where they are restricted to canned milk. No expense or trouble should be spared to obtain fresh, raw or pasteurized cow's or fresh goat's milk when nursing is impossible.

**Canned
Milk Not
Fit for
Infant
Feeding**

The proper time to wean baby is when it is about a year old. At first it may be given cow's milk from a bottle, but it is not best to allow it to suck a nipple after baby is two years old. Half the feedings should be given from a bottle at first and the nursing continued so as to wean it gradually. The milk which is fed to a young child should be warmed to body temperature. About three tablespoonfuls of spinach should be continued daily after weaning. One or two tablespoonfuls of thoroughly cooked cereal, slightly salted, should be added to the milk daily and may be given at the times when the spinach is not fed. Baby should be given a piece of crisp toast or zwiebeck to chew once a day. Milk should remain the principal constituent of the diet and orange juice should be given regularly. An egg yolk may be given every other day instead of the spinach or the cereal, but one of these should be allowed every day.

**Feeding
Just After
Weaning**

On such a dietary plan an infant which is given boiled water several times a day, and which is allowed sufficient sleep, will nearly always thrive. If it is not

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**Let Baby
Have Time
to Sleep**

growing, consult a doctor. Many babies are fretful because they are handled so much that they do not get enough rest. It is wrong to entertain a baby more than a few minutes at a time. It should be taught from its earliest infancy to remain alone in a quiet room the greater part of the time.

Do not give baby meat, tea or coffee, or sweet foods. These may not make it ill, but they pervert the appetite for the things which are best for it. Great care should be taken to cultivate during the first few years a liking for wholesome foods.

**Fruits for
the Young
Child.**

After two years baby can be given more cereal, but the diet should consist largely of milk, egg yolk, green vegetables, toast and crackers. Fruit juices should always form a part of the daily food supply. A little scraped apple, if ripe, may be given occasionally, but orange juice or a little ripe banana is better. Tomato juice free from seeds is perfectly safe during the second year and thereafter, but should be given in but small amounts. Berries, either raw or cooked, are not safe foods for children, and fruits which are not thoroughly ripe are dangerous.

**Always Give
Children
Plenty of
Milk.**

During later childhood children should have about a quart of milk a day, and the rest of the diet should be planned around this necessary staple. They may eat freely of nearly all the dishes provided for the adult members of the family, but the consumption of meat should be kept down to a very low limit. Care should be exercised not to form an appetite for sweet foods which will interfere with the enjoyment of the natural flavors of ordinary wholesome foods. It is not necessary to deny them an occasional sweet dessert, and they may well be given candy or sugar, but always in small amounts and with a meal rather than after it.

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Children should be trained to like all green vegetables, and a daily serving of carrots, turnips, radishes or other products of the garden is advisable. Fruit may be offered as a lunch between meals when convenient rather than starchy or sweet foods, because they leave the teeth freer from adhering matter which promotes decay.

**Cultivate
a Liking
for Green
Vegetables
In Children**

The main principle to be kept in mind in the feeding of growing children is that they should not be allowed to form the habit of deriving too large a part of their diet from meat, bread, potatoes, sugar and breakfast cereals. This mistake is now being frequently made in many otherwise well managed homes and the reports of the physical condition of the school children in many cities reflect its effects. Plain food should be chosen which is not so appetizing or habit-forming as to encourage over eating, but which meets all of the requirements of a well balanced food supply and which will not lead to the development of an unfavorable type of bacterial population in the intestine. Constant use of milk of good quality, bread, potatoes, cereals, fruits and abundant leafy vegetables fulfill these requirements.

**A Common
Mistake.**

HARD FOODS HELP TO MAKE GOOD TEETH. The importance of furnishing something hard to chew on from early infancy is very great. Toast serves this purpose admirably during the first two years. After that time apples, crackers, hard bread, raw cabbage chopped as fine as possible with a meat chopper, cooked vegetables, lettuce, celery, etc., serve to develop the teeth. Children must be watched to see that they do not swallow their food without chewing. Too many children are allowed to grow up on soft foods. When we chew fibrous foods we exert a pressure of one hundred to two hundred and fifty pounds pressure on the teeth, and this insures a good circulation of blood in the inner part, and is a most

**Children
Should
Have Some
Hard Food
for the
Teeth**

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important factor in developing the teeth and jaws. The freedom from decay of the teeth among primitive peoples may be in some measure attributable to the necessity for vigorous efforts of the teeth made necessary by the tough meats, hard grains, fibrous fruits and vegetables which furnish their food supply.

**Prevalence
of Decayed
Teeth**

Of 10,500 school children in England and Scotland, 86 per cent had decayed teeth. Among 19,725 children in northern Germany the percentage showing diseased teeth was 96. In a group of 3236 children in Philadelphia, between the ages of 7 and 14 years, 7,763 decayed permanent teeth were found. In Seattle, the histories of over 1100 children showed that 42.6 per cent which had been nursed at least six months; 42.9 per cent of those which had been nursed less than six months and were then fed cows' milk, and 72.1 per cent of those which were fed in infancy on sweetened condensed milk, had decayed teeth. Similar results have been observed in other places.

**The Teeth of
Primitive
Peoples**

It has been commonly supposed in the past that the chewing of hard foods was solely responsible for the development of good teeth in savage peoples. It does have much to do with it; but all primitive peoples do not have good teeth. Marshall has pointed out that the teeth of meat eaters and of vegetarians are equally liable to decay. It seems that one of the most important factors in producing teeth of poor quality which early become infected, and which is now so common depends on the practice which is now widespread, of deriving too large a portion of the diet from muscle meats, modern milling products of cereal grains, and tubers. Such a diet is deficient in several respects, and the nature of these have been discussed already. According to this view the low vitality and inferiority of the teeth is but one manifestation among many of poor physical development. Certainly our standards of physical stamina are fairly

WHAT SHALL WE HAVE FOR DINNER?

low, as is shown by the large number of young men who pass in every day life as normal, but who were found unfit for military service. Eating soft foods, which give the teeth no exercise; constant presence of pasty starchy deposits on the teeth and faulty selection of food doubtless all combine to produce the serious condition which now prevails.

Both for children and adults it is of importance that the last article eaten should be of such a nature as to cleanse the teeth. Sticky pastries, cake and other carbohydrate foods tend to remain in the fissures of the teeth and are not easily removed by the tooth-brush. Carbohydrate residues tend to favor decay more than do meat particles. It would be best to eat a salad, cole slaw, celery, apple or other fibrous food at the end of the meal, since they tend not only to cleanse the teeth but exert a detergent action on dental caries. Acid fruits are doubtless best for this purpose because they stimulate the secretion of a strongly alkaline saliva which coats the teeth and preserves them from being etched by the decomposition products of the food residues which would otherwise remain.

**Best to End
Meal With
Fruits**

The idea, which has been fostered by many advertisements of dental creams, that the teeth should be scrubbed with some chemical preparation to remove "that film" is fallacious. The teeth should be covered with a film between meals, but it should be the natural film of a distinctly alkaline saliva. A dental floss should be used to remove particle from between the teeth, and they should be brushed after each meal. There is nothing better for this purpose than a high grade soap and water. The last saliva secreted will then cover the teeth, free from residues, with a film, and preserve them.

**"That Film"
On the
Teeth**

The simple statement is frequently made that candy is bad for the teeth. It can be easily appreci-

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Sugar and Candy and Bad Teeth

ated from what has been said that the matter cannot be dismissed in this way. Candy is a food as is sugar in any form, and may be taken with advantage if it is done in such a way as not to interfere with the selection of a proper diet. The abuse of sweets is common and serious. It is as little excusable to cultivate in children a liking for highly sweetened foods so extreme as to amount to a craving, as it would be to form in them the habit of craving coffee, tea or alcohol. They lose thereby the ability to appreciate the natural flavors of wholesome foods and this militates against their taking a diet which is satisfactory, and this leads to faulty nutrition with all its train of consequences.

The advice contained in this chapter, insofar as it relates to the preservation of the teeth, can be followed by the adult members of the family with profit, which will be reaped in a diminished patronage of the dentist, and in deferred adoption of substitute teeth.

WHAT SHALL WE HAVE FOR DINNER?

PART II

REMARKS ON THE MENUS

It is best to serve small portions of meat, and then if desired let each member of the family ask for a second helping. This will aid in reducing the consumption of meat where the individual is desirous of doing so.

Observe that ample provision is made for utilizing left-overs in succeeding menus. This ever present problem can be easily solved. The frequent appearance of cream soups, gravies, salads and scalloped dishes provides the way to introduce these into the succeeding meal in an attractive form. Dry bread is used in the scalloped dishes, puddings or stuffings. Home made ice cream is preferable for children because the wholesomeness of all the ingredients of which it is composed can be counted upon.

In these menus the word **fry** has been used in the usual American sense rather than **sauté**

These menus have been planned without regard to rigid economy, except in respect to the work required in serving them. None are of such a nature as to require an expenditure of money greater than is usual in the average home, provided the meat consumption is kept down as far as is recommended. Good food is not cheap at the present time and food must be one of the principal items in the family budget. The last place to economize is on the food supply when that economy necessitates the consumption of a poorly constituted diet. The value of good food can be estimated only in terms of health and efficiency.

Occasional menus are given which are faulty in one or more respects, and which serve to illustrate the kinds of mistakes which are commonly made in the

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selection of food in many households. These are included in order to bring home to the attention how easily a simple modification of an unsatisfactory meal may make it of good quality for the maintenance of health.

It is preferable to use custards, puddings, cream pies or fruit for dessert rather than fruit pies.

Although receipts have been included for some of the dishes for the convenience of the housewife, there are many details for which she will have to rely on a standard cook book. The few directions given are not expected to take the place of a manual of cookery. It is expected that the great majority of women who make use of these menus will possess a considerable knowledge of this art.

Such decisions as the choice of French dressing, boiled dressing or mayonaise dressing, must be left to the individual, and will depend on the family preference.

In many instances a dislike for milk is not due to an actual sensitization toward the food, but to an aversion resulting from having taken at some time milk which had a bad flavor. The memory of such an experience may persist for a long time. If tainted milk is responsible for the dislike of it as a beverage, it can frequently be taken concealed in cooked foods.

There are a few persons who are sensitive toward certain foods such as milk, eggs, strawberries, tomatoes, almonds or oatmeal, and are made ill by eating them. These always present a special problem. It has been found possible in some cases to relieve the condition, through the administration by a physician at frequent intervals, of very small doses of the proteins of the food which causes illness. They must not be given the offending food.

The information concerning nutrition contained in the preceding chapters should be possessed by all

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the members of the family. Since they will probably not secure this for themselves, the mother should impart it verbally, as part of the table conversation on suitable occasions.

In selecting lettuce it is best to buy well formed heads. Rain spatters particles of soil on garden vegetables, and the inner leaves of lettuce and cabbage are cleaner than the outer ones. The latter may be discarded when these are eaten raw in salads.

The most suitable foods for consumption in the raw state are the fruits and nuts which are peeled or shelled before being served. Lettuce, cabbage and other green vegetables need to be washed with special care when they are to be eaten raw, because they have been in contact with the soil. This applies also especially to strawberries, which in many instances have lain in contact with the ground.

A simple bread and milk supper was once common in rural American homes. It is highly satisfactory from the standpoint of nutrition, and almost eliminates labor in its serving. It is a good policy to serve one occasionally.

The appetite is not a safe guide in the selection of food. The teachings of science are just as reliable in dictating what we shall eat as they are in the regulation of the composition of formulas in manufacturing processes. It is sound practice to prescribe what people shall eat, just as it is to prescribe what medicines they shall take when ill. If people do not like wholesome foods because of habits formed in early life, they should learn to like them. Some will not listen to advice regarding diet, but wholesome advice should be sweetly given them, so that if they persist in ignoring sound principles, they will do so with their eyes open.

The proper remedy for increasing plumpness and expanding waistband is not the elimination of starchy

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and fatty foods from the diet, but exercise and restriction of the appetite, with frequent consultation of the scales. Always take a diet which is physiologically complete, rather than one confined to meat and green vegetables on which one cannot grow fat even when eating to excess.

The proper feeding of a group of people should not be regarded as simply a menial task, but as a public health enterprise. Successful feeding of the family means the application of modern knowledge to the planning of the diet, and makes it a profession in the field of preventive medicine rather than a business.

Ask your city health officer whether the dealer from whom you buy your ice cream uses fresh milk and cream in its manufacture, or whether he uses stale products which have become unfit for marketing in the unfrozen state. Frozen milk and cream, masked with flavoring materials, cannot be judged as to their quality by the sense of taste. Some commercial ice cream is not wholesome, as is shown by an occasional outbreak of food poisoning following its consumption. Your health department should be able to advise you concerning the standards of your dealer.

If you see a cat sleeping in your grocer's window with a fruit exhibit, tell him he will lose your patronage if it occurs again. This is the way in which standards are improved.

It is better to buy wrapped bread when you get it from a wagon, rather than an unwrapped loaf which has been handled by several pairs of hands, and has been exposed to the dust of the street. If you visit the baker's shop this is not necessary.

Never hesitate to tell your food dealers that you do not like to see flies having access to the foods

WHAT SHALL WE HAVE FOR DINNER?

which they sell. It helps to promote good health propaganda. If necessary, tell them where flies come from.

Never allow flies in your kitchen. Remember that flies come from filth, like to visit filth, are carriers of disease, and will contaminate food.

Always boil the water for the baby, and for all the family when there is a case of typhoid fever in the neighborhood.

It is better to cultivate the habit of not using sugar on breakfast cereals.

THE AMERICAN HOME DIET, OR

THE RIGHT AND WRONG KIND OF MENUS

UNSATISFACTORY LUNCHES

1.
Canned Salmon Lemon Fried Potatoes
Stewed Corn Butter Honey Bread
2.
Macaroni and Tomatoes Frankfurters
Mustard Peas with salt and pepper
Butter Apple Sauce Tea Bread
3.
Baked Potatoes Stewed Tomatoes
Radishes Coffee Bread Butter Syrup
4.
Hamburger Balls Boiled Rice
Bread Butter Catsup
Rhubarb Sauce

These lunches illustrate a type of menu which is unfortunately fairly common in American homes. They represent the meat, bread and potato type of diet or its equivalent. Both bread and potatoes have similar dietary properties to other seed products such as rice, corn, peas, beans, etc., and the extension of variety in the menu by the addition of these, or by the inclusion of macaroni, spaghetti, sweet potatoes, radishes, turnips, beets or carrots fails to improve the meal to any great extent. They are presented here as examples of typical faulty diets. An understanding of the general principles of the selection of foods on a scientific basis makes it easy to interpret the nature of their faults. They are examples of what not to serve.

SATISFACTORY LUNCHES

1.
Cream of Corn Soup Saltines
Salmon Croquettes Butter Potato Cakes
Baking Powder Biscuits Honey
2.
Cream of Pea Soup Saltines
Potato Puff Frankfurters Mustard
Milk Apple Sauce
3.
Cream of Tomato Soup Croûtons
Scalloped Potatoes Bread Radishes Butter
French Toast Syrup
4.
Creamed Dried Beef Boiled Rice
Cabbage and Nut Salad Butter
White Muffins Rhubarb Sauce

This series of menus for lunches are set in contrast to those above. Probably no one would pronounce them superior to the latter

WHAT SHALL WE HAVE FOR DINNER?

in palatability or attractiveness, yet they are so constituted as to meet the needs of the body, while the ones opposite will not. There is no appreciable difference in the amount of labor required for their preparation. The menus for the year which are presented in this book are planned to avoid just such mistakes as the housewife is liable to make who does not understand the peculiar properties of the foods she buys, and who relies entirely on the acceptability of the foods which she provides for her family.

UNSATISFACTORY DINNERS

1.

Corn Beef Hash	Boiled Potatoes
Stewed Tomatoes	Bread
Coffee	Mince Pie
2.

Pot Roast	Gravy	Browned Potatoes
Bread	Buttered Peas and Carrots	
	Fruit Gelatin	Coffee
3.

Lamb Chops	French Fried Potatoes
Buttered Turnips	Boiled Squash
Bread	Coffee
Apple Dumpling	Hard Sauce
4.

Hamburger Layer	Baked Potatoes
Fried Onions	Dill Pickles
Bread	Coffee
Butter	
Gooseberry Pie	

The above menus illustrate errors which are frequently made in the planning of dinners. They represent the meat, bread and potato type of diet, and are not satisfactory for the promotion of health when adhered to over a considerable period. Fortunately, few adhere regularly to diet which is quite so bad as those described, but meals of this type cannot be regarded as satisfactory even when occasionally somewhat improved by the addition of small amounts of the protective foods, milk, and the leafy vegetables. Below is a series of menus which illustrate how simple it is to modify this kind of dinner so as to make it decidedly more satisfactory for the promotion of health.

SATISFACTORY DINNERS

1.

Corn Beef Hash	Creamed Potatoes
Beet Greens	Chili Sauce
Butter	Caramel Custard
2.

Pot Roast	Gravy	Mashed Potatoes
Creamed Peas	Cole Slaw	Bread
Butter		Coffee
	Lemon Pie	
3.

Lamb Chops	Creamed Potatoes
Creamed Turnips	Bread
	Cabbage and Nut Salad
Brown Betty	Foamy Sauce

THE AMERICAN HOME DIET, OR

4. Hamburger Layer Creamed Onions Milk Chocolate Custard	Baked Stuffed Potatoes Bread Dill Pickles Butter
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The above described dinners furnish a leafy vegetable, and in addition there are two dishes in which milk forms an important constituent. These additions correct the faults from the dietary standpoint, and make the diet complete. Each meal provides the materials which circulate in the tissues of the body during several hours, and provide them with the wherewithall to grow or to repair themselves. It is important that each meal shall be planned so as to provide everything that the body needs, and in as nearly the right proportions as possible. The menus in this book comply with the requirements of modern scientific research in the field of nutrition.

JANUARY 1. NEW YEAR'S DAY

Breakfast	
Oatmeal	Apples
Toast	Sugar—Milk
Coffee	Butter
Grape Jelly	Cocoa
Dinner	
Roast Duck	Peanut Stuffing
Mashed Potatoes	Giblet Gravy
Creamed Onions	Spiced Peaches
Bread	Olives
Butter	Mince Pie or Pumpkin Pie
Coffee	Milk
Supper	
Cream of Tomato Soup	Croûtons
Fruit Salad	Cheese Crackers
Tea	Nuts
Assorted Cakes	Chocolate

JANUARY 2

Breakfast	
Cream of Wheat	Oranges
Bacon or Poached Eggs	Sugar—Milk
Coffee	Buttered Toast
Cocoa	
Lunch	
Creamed Tuna Fish	Boiled Rice
Milk	Cabbage Salad
	Bread
	Butter
Dinner	
Salmon Loaf	Tomato Sauce
Baked Potatoes	Spinach with Hard Boiled Egg
Butter	Bread
Coffee	Mixed Pickles
Lemon Pie	

WHAT SHALL WE HAVE FOR DINNER?

JANUARY 3

Breakfast

Bananas

Cornmeal Mush with Raisins Milk
Toast Butter Coffee Cocoa

Lunch

Vegetable Soup
Scalloped Potatoes
Bread

Saltines
Cucumber Pickles
Butter

Apple Sauce

Dinner

Lamb Chops
Creamed Peas
Milk
Apricot Fluff

Mashed Potatoes
Currant Jelly
Butter
Custard Sauce

JANUARY 4. (Sunday)

Breakfast

Grapefruit

Oatmeal Milk
Toast Butter Waffles Syrup
Coffe Cocoa

Dinner

Roast Lamb
Brown Potatoes
Creamed Carrots
Vanilla Ice Cream
Chocolate Sauce

Mint Sauce
Celery
Bread
Saltines

Coffee

Supper

Potato Chips Welsh Rarebit on Toast
Chocolate Butter Marshmallows Nut Bread

JANUARY 5

Breakfast

Stewed Prunes

Cream of Wheat Sugar—Milk
Pork Sausages Butter
Coffee Toast Cocoa

Lunch

Cream of Celery Soup
Scalloped Corn
Cucumber Pickles

Saltines
Pear Salad
Butter

Bread
Tea

Dinner

Roast Lamb Reheated in Gravy
Mashed Potatoes
Bread Butter
Apple Pie

Spinach
Cabbage Salad
Coffee Cheese Milk

THE AMERICAN HOME DIET, OR

JANUARY 6

Breakfast

Apples

Hominy Buckwheat Cakes Sugar—Milk
Bread Butter Coffee Bacon Cocoa

Lunch

Cod Fish or Finnan Haddie White Sauce
Butter Potato Cakes Mixed Pickles
Plum Conserve White Muffins

Dinner

Stuffed Beef Heart Gravy
Butter Glazed Sweet Potatoes Celery
Creamed Onions Bread
Chocolate Custard White Cookies

JANUARY 7

Breakfast

Bananas

Oatmeal Soft Boiled Eggs Sugar—Milk
Butter Cocoa Toast Coffee

Lunch

Oyster Stew Saltines
Scalloped Potatoes Corn Bread
Cottage Cheese Salad Butter Syrup

Dinner

Boiled Tongue Tomato Sauce
Butter Baked Potatoes Creamed Cabbage Milk
Bread
Cherry Pudding with Sauce

JANUARY 8

Breakfast

Baked Apples

Cornmeal Mush Sugar—Milk
Bacon Toast Butter
Coffee Cocoa

Lunch

Cream of Tomato Soup Saltines
Macaroni and Cheese Bread
Watercress Salad Butter
Stewed Peaches Cream

Dinner

Meat Pie Creamed Carrots
Butter Mixed Pickle Raised Biscuits Milk
Cottage Pudding Coffee Foamy Sauce

WHAT SHALL WE HAVE FOR DINNER?

JANUARY 9

Breakfast

Stewed Prunes

Butter Pettijohns Toast Coffee Cocoa Sugar—Milk
Orange Marmalade

Lunch

Cream of Corn Soup Tea Saltines Butter
Tuna Fish Salad Baking Powder Biscuits
Honey

Dinner

Broiled Halibut Creamed Potatoes
Butter Fried Parsnips Cole Slaw Coffee
Bread Pudding Bread Vanilla Wafers

JANUARY 10

Breakfast

Bananas

Oatmeal Butter Poached Eggs on Toast Sugar—Milk
Coffee Cocoa

Lunch

Vegetable Soup Saltines
Lima Beans in Casserole Cucumber Pickles
Butter Tea Milk Bread
Baked Apples Cream

Dinner

Lamb Chops Mashed Potatoes
Creamed Turnips Dill Pickles
Butter Bread
Caramel Custard Whipped Cream

JANUARY 11. (Sunday)

Breakfast

Oranges

Cream of Wheat Sugar—Milk Butter
Syrup Waffles Bacon Cocoa

Dinner

Roast Beef Gravy Spinach
Brown Potatoes Cranberry Jelly Butter
Asparagus Salad Saltines
Bread Coffee

Supper

Vanilla Ice Cream Saltines Nut Bread
Oyster Stew Butter
Salted Peanuts Grape Conserve Chocolate
White Cake

THE AMERICAN HOME DIET, OR

JANUARY 12

Breakfast

Oatmeal
Buckwheat Cakes
Apples
Coffee
Syrup
Cocoa
Sugar—Milk
Butter

Lunch

Cheese Soufflé
Banana and Nut Salad
Tea
Milk
Butter
Baked Potatoes
Bread

Dinner

Roast Beef Reheated in Gravy
Mashed Potatoes
Butter
Bread
Plain Jello with Custard Sauce
Coffee
Creamed Celery
Beet Pickles

JANUARY 13

Breakfast

Stewed Prunes
Cream of Wheat
Butter
Coffee
Toast
Cocoa
Sugar—Milk
Bacon

Lunch

Italian Spaghetti
Waldorf Salad
Butter
White Muffins
Milk
Strawberry Jam

Dinner

Meat Loaf
Creamed Potatoes
Celery Hearts
Brown Betty
Bread
Vanilla Sauce
Gravy
Creamed Lima Beans
Butter
Coffee

JANUARY 14

Breakfast

Bananas
Pettijohns
Apple Jelly
Coffee
Toast
Cocoa
Sugar—Milk
Butter

Lunch

Fish Chowder
Cottage Cheese Salad
Apple Sauce
Popovers
Butter
Jelly

Dinner

Reheated Meat Loaf
Brussel Sprouts
Bread
Tomato Sauce
Hash Brown Potatoes
Cole Slaw
Butter
Milk
Caramel Pie or Mince Pie
Coffee

WHAT SHALL WE HAVE FOR DINNER?

JANUARY 15

Breakfast

Butter	Oatmeal	Oranges	Toast	Cocoa	Sugar—Milk	Rhubarb Conserve
		Coffee				

Lunch

Cream of Pea Soup		Bread		Croûtons
Scalloped Corn		Tea		Butter
Pineapple Sauce				Milk

Dinner

Broiled Ham		Celery		Milk Gravy
Boiled Potatoes		Bread		Creamed Carrots
Butter				Coffee
Sliced Bananas				Cream

JANUARY 16

Breakfast

	Cornmeal Mush	Apples			Sugar—Milk	
Butter	Scrambled Eggs	Toast		Cocoa	Bacon	Coffee

Lunch

Creamed Tuna Fish		Boiled Sweet Potatoes
Butter	Cabbage and Nut Salad	Bread

Cherry Sauce

Dinner

Broiled Trout		Lemon Sauce	
Butter	Mashed Potatoes	Creamed Onions	Bread
	Cranberry Pie	Coffee	
	Lettuce Salad		

JANUARY 17

Breakfast

	Oatmeal	Stewed Prunes			Sugar—Milk	
Butter		Toast		Cocoa	Apple Jelly	
		Coffee				

Lunch

Cream of Potato Soup		Bread		Saltnes
Waldorf Salad				Orange Marmalade
Butter				Milk

Dinner

	Lamb Stew with	Dumplings	
Mashed Potatoes		Boiled Cabbage with Dressing	
Tomato Relish		Butter	
	Bread		
	Banana Custard or Bread Pudding		

THE AMERICAN HOME DIET, OR

JANUARY 18. (Sunday)

Breakfast

Baked Apples

Cream of Wheat Sugar—Milk
Griddle Cakes Butter
Coffee Bacon Cocoa

Dinner

Fricassee of Chicken Mashed Potatoes
Creamed Peas Celery
Butter Cranberry Sauce Bread
Vanilla Ice Cream Saltines
Coffee

Supper

Shrimp or Salmon Salad Salted Peanuts
Potato Chips Bread Chocolate Cookies
Butter Milk
Sliced Oranges with Cocoanut

JANUARY 19

Breakfast

Bananas

Pettijohns Sugar—Milk
Soft Boiled Eggs Bread
Coffee Cocoa Butter

Lunch

Vegetable Soup Saltines
Baked Beans Catsup Bread Butter
Cabbage and Apple Salad
Milk

Dinner

Creamed Chicken Baked Potatoes
Creamed Celery Bread
Butter Lettuce and Pea Salad
Vanilla Wafers Pineapple Whip Cream
Coffee

JANUARY 20

Breakfast

Stewed Prunes

Oatmeal Sugar—Milk
Toast Bacon or Sausage
Coffee Butter
Cocoa

Lunch

Chicken Soup with Rice Saltines
Egg, Olive and Potato Salad
Bread Milk Butter

Dinner

Boiled Tongue Tomato Sauce
Creamed Potatoes Creamed Carrots
Butter Asparagus Salad Bread
Grapefruit Coffee

WHAT SHALL WE HAVE FOR DINNER?

JANUARY 21

Breakfast

Apple Sauce
Cornmeal Mush with Raisins
Toast
Butter Milk Waffles Syrup Coffee Cocoa

Lunch

Cream of Tomato Soup Croûtons
Scalloped Potatoes Bread
Pineapple and Celery Salad
Tea Milk Butter

Dinner

Fried Oysters Catsup
Potato Chips Spinach with Egg
Bread Creamed Lima Beans Milk
Butter
Lemon Pie

JANUARY 22

Breakfast

Oranges
Cream of Wheat Sugar—Milk Cocoa
Milk Toast Coffee

Lunch

Creamed Dried Beef Baked Potatoes
Lettuce Salad Bread
Baked Apple Butter with Raisins
Tea Stuffed Cream

Dinner

Broiled Steak Mashed Potatoes
Creamed Asparagus Bread Coffee
Butter Cole Slaw Whipped Cream
Fruit Jello

JANUARY 23

Breakfast

Bananas Sugar—Milk
Oatmeal Bacon or Scrambled Eggs
Butter Toast Coffee Cocoa

Lunch

Oyster Stew Saltines
White Muffins Banana and Nut Salad
Honey Butter
Milk

Dinner

Salmon Loaf Creamed Potatoes
Celery Creamed Onions or Brussel Sprouts Butter
Bread
Bread Pudding
Coffee

THE AMERICAN HOME DIET, OR

JANUARY 24

Breakfast

Stewed Prunes

Butter Pettijohns Buckwheat Cakes Sugar—Milk Syrup
Coffee Cocoa

Lunch

Corn Chowder Bread Cabbage and Celery Salad
Canned Peaches Butter Cream

Dinner

Mashed Potatoes Broiled Ham and Eggs Bread
Buttered Beets Butter Milk
Date Pudding Whipped Cream

JANUARY 25. (Sunday)

Breakfast

Baked Apples

Cream of Wheat Sugar—Milk
Waffles Cocoa
Syrup Coffee Butter

Dinner

Roast Pork Mashed Potatoes
Sauerkraut Cranberry Jelly
Celery Bread Butter
Lemon Sherbet Saltines Coffee

Supper

Welsh Rarebit on Toast Mixed Nuts
Olives Spiced Cake Chocolate

JANUARY 26

Breakfast

Bananas

Butter Pettijohns Toast Sugar—Milk Grape Conserve
Coffee Cocoa

Lunch

Cream of Celery Soup Saltines
Hash Brown Potatoes Bread
Frankfurters Mustard Butter
Cherry Sauce

Dinner

Cold Roast Pork Mashed Potatoes
Creamed Carrots Spinach with Bacon
Tomato Relish Bread Butter
Mince Pie or Tapioca Custard
Milk Coffee

WHAT SHALL WE HAVE FOR DINNER?

JANUARY 27

Breakfast

Oatmeal Stewed Apricots Sugar—Milk
 Poached Eggs on Toast
 Coffee Cocoa Butter

Lunch

Fish Chowder Italian Spaghetti
 Bread Waldorf Salad Milk
 Butter

Dinner

Stuffed Beef Heart Mashed Potatoes
 Creamed Cabbage Butter
 Cucumber Pickles Bread
 Chocolate Pie Coffee

JANUARY 28

Breakfast

Oatmeal Apples Sugar—Milk
 Butter Toast Waffles Pork Sausage
 Coffee Cocoa

Lunch

Cream of Tomato Soup Croûtons
 White Muffins Glazed Sweet Potatoes
 Butter Stewed Prunes Milk

Dinner

Pork Tenderloin Milk Gravy
 Mashed Potatoes Creamed Turnips
 Pear Salad Bread Butter
 Cherry Pudding with Sauce

JANUARY 29

Breakfast

Cream of Wheat Oranges Sugar—Milk
 Butter Bread Bacon Potato Cakes
 Coffee Cocoa

Lunch

Creamed Tuna Fish Baked Potatoes
 Cottage Cheese Salad Butter Bread
 Tea Pear Sauce

Dinner

Meat Pie Spinach
 Creamed Peas Celery
 Bread Butter Milk
 Cottage Pudding Coffee
 Foamy Sauce

THE AMERICAN HOME DIET, OR

JANUARY 30

Breakfast

Pettijohns	Bananas	Sugar—Milk
Toast	Strawberry Jam	Butter
Coffee		Cocoa

Lunch

Cream of Pea Soup		Saltines
Ham Omelet		Hash Brown Potatoes
Butter	Bread	Apple Sauce

Dinner

Lamb Chops	Mashed Potatoes	
Creamed Cabbage	Dill Pickles	
Bread	Butter	Milk
Apricot Sherbet	Oatmeal Cookies	
	or	
Brown Betty	Hard Sauce	

JANUARY 31

Breakfast

Oatmeal	Baked Apples	Sugar—Milk
Soft Boiled Eggs		Toast
Butter	Coffee	Cocoa

Lunch

Cream of Corn Soup		Saltines
Scalloped Potatoes		Cole Slaw
Butter	Baked Bananas	Bread

Dinner

Corn Beef	Boiled Potatoes	Carrots and Cabbage
Bread	Butter	Coffee
	Chili Sauce	Milk
	Lemon Pie	

FEBRUARY 1. (Sunday)

Dinner

Roast Chicken		Giblet Gravy
Mashed Potatoes		Stuffing
Creamed Cauliflower		Bread
Butter	Celery	Coffee
Vanilla Ice Cream		Saltines
		Milk

Supper

Oyster Stew	Nut Bread	Crackers
Butter		Apple Jelly
Devil's Fruit Cake		Chocolate

FEBRUARY 2

Lunch

Cream of Celery Soup		Saltines
Corn Beef Hash		Waldorf Salad
Bread	Butter	Milk

Dinner

Creamed Chicken in Pastry Cases		
Mashed Potatoes	Creamed Peas	Bread
Butter	Cottage Cheese Salad	
Custard Pie	Coffee	

WHAT SHALL WE HAVE FOR DINNER?

FEBRUARY 3

Lunch

Lima Beans in Casserole	Grapefruit and Celery Salad	Spiced Peaches
Butter	White Muffins	Tea

Dinner

Liver and Bacon	Baked Potatoes
Butter	Creamed Carrots
Cole Slaw	Bread
Pineapple Sponge	Whipped Cream

FEBRUARY 4

Lunch

Cream of Tomato Soup	Croûtons
Scalloped Potatoes	Pea and Carrot Salad
Bread	Butter
Carrot Marmalade	Milk

Dinner

Asparagus on Toast	Meat Pie	Butter
Raised Biscuits	Spinach	
	Banana and Nut Salad	
	Orange Custard	
	Coffee	

FEBRUARY 5

Lunch

Creamed Dried Beef	Boiled Rice
Baking Powder Biscuits	Lettuce Salad
	Butter
	Honey

Dinner

Boiled Tongue	Tomato Sauce
Mashed Potatoes	Creamed Onions
Bread	Butter
Chocolate Soufflé	Cream

FEBRUARY 6

Lunch

Cream of Potato Soup	Saltines
Cheese Soufflé	Green Onions
Butter	Bread
Apple Sauce	Tea

Dinner

Broiled Halibut	Lemon Sauce
Glazed Sweet Potatoes	Mixed Pickles
Creamed Cabbage	Butter
	Bread
	Creamed Rice with Dates
	or
	Raisin and Cranberry Pie
	Cheese

THE AMERICAN HOME DIET, OR

FEBRUARY 7

Lunch

Vegetable Soup
Baked Beans
Bread
Butter
Catsup
Milk
Saltines
Cole Slaw
Tea

Dinner

Cold Tongue
Spinach with Bacon
Butter
Bread
Caramel Custard
Creamed Potatoes
Stewed Tomatoes
Coffee
Spiced Currants
Cream

FEBRUARY 8 (Sunday)

Dinner

Roast Lamb
Creamed Celery
Coffee
Waldorf Salad
Chocolate Ice Cream
Brown Potatoes
Gravy
Currant Jelly
Milk
Sugar Cookies
Bread

Supper

Welsh Rarebit on Toast
Grapefruit and Celery Salad
Bread
Chocolate
Butter
Orange Marmalade
Apples

FEBRUARY 9

Lunch

Scalloped Corn
Cabbage and Nut Salad
Canned Peaches
Butter
Italian Spaghetti
Bread
Cream
Milk

Dinner

Roast Lamb Reheated in Gravy
Mashed Potatoes
Lettuce Salad
Apple Pie
Bread
Creamed Carrots
Butter
Cheese

FEBRUARY 10

Lunch

Oyster Stew
Scalloped Apples
Syrup
Cornmeal Muffins
Saltines
Cottage Cheese Salad
Butter

Dinner

Meat Loaf
Creamed Potatoes
Bread
Chocolate Custard
Tomato Sauce
Boiled Cabbage with Dressing
Butter
Cream

WHAT SHALL WE HAVE FOR DINNER?

FEBRUARY 11

Lunch

Celery	Creamed Codfish	Bread	Baked Potatoes	Butter
	Sliced Oranges	and Cocoanut	Oatmeal Cookies	

Dinner

	Rice and Left-over Meat in Casserole	
Glazed Sweet Potatoes	Creamed Parsnips	
Cabbage and Nut Salad	Bread	Milk
Cottage Pudding	Foamy Sauce	Coffee

FEBRUARY 12

Lunch

Cream of Celery Soup	Saltines
Macaroni and Cheese	
Green Onions	
Stewed Raisins	Cream
Bread	Butter

Dinner

	Lamb Stew with Dumplings	
	Dill Pickles	
Buttered Beets	Butter	Creamed Turnips
Bread	Cherry Pudding with Sauce	Milk

FEBRUARY 13

Lunch

Beet and Cabbage Salad	Fish Chowder	Butter
Baking Powder Biscuits		Honey

Dinner

Salmon Loaf	Spinach with Egg	Creamed Potatoes
Bread	Coffee	Butter
	Grapefruit	

FEBRUARY 14

Lunch

Vegetable Soup	Creamed Salmon on Toast	Saltines
Baked Apple		Cream

Dinner

Lamb Chops	Mashed Potatoes	
Creamed Peas	Celery	Milk
Butter	Orange Salad	Raised Biscuits

THE AMERICAN HOME DIET, OR

FEBRUARY 15 (Sunday)

Dinner

Fricassee of Chicken	Mashed Potatoes or Boiled Rice
Creamed Cauliflower	Brussel Sprouts
Bread	Butter
Apricot Sherbet	Milk
	Coffee
	Cranberry Pie

Supper

Oyster Stew	Saltines	Olives
Sandwiches—Peanut Butter	Pimento Cheese	
Chocolate	Sponge Cake	

FEBRUARY 16

Lunch

Chicken Soup with Rice	Saltines
Vegetable Salad (leftovers)	Creamed Lima Beans
Butter	Cranberry Sauce
White Muffins	

Dinner

Liver and Bacon	Glazed Sweet Potatoes
Creamed Carrots	Cabbage Salad
Bread	Butter
Fruit Jello	Custard Sauce

FEBRUARY 17

Lunch

Creamed Dried Beef	Baked Potatoes
Waldorf Salad	Butter
Orange Marmalade	Milk
Bread	

Dinner

Baked Stuffed Heart	Mashed Potatoes
Creamed Onions	Lettuce Salad
Bread	Butter
Date Pudding	Whipped Cream

FEBRUARY 18

Lunch

Cream of Tomato Soup	Croûtons
Stuffed Egg Salad	Scalloped Corn
Bread	Butter
Pineapple Sauce	

Dinner

Hamburger Layer	Creamed Potatoes
Spinach with Bacon	Cole Slaw
Bread	Coffee
Cherry Pie	Cheese
Butter	

WHAT SHALL WE HAVE FOR DINNER?

FEBRUARY 19

Lunch

Cream of Potato Soup	Saltines
Rice Soufflé	Watercress Salad
Banana Fritters	Sauce
Bread	Butter

Dinner

Baked Ham	Mashed Potatoes
Creamed Parsnips	Cabbage and Nut Salad
Bread	Butter
	Lemon Pie
	Milk

FEBRUARY 20

Lunch

Creamed Tuna Fish	Boiled Rice
Apple and Raisin Salad	Baking Powder Biscuits
Strawberry Jam	Butter

Dinner

Baked Stuffed Haddock	Egg Sauce
Mashed Potatoes	Creamed Peas
Pickled Pears	Bread
	Butter
	Orange Custard

FEBRUARY 21

Lunch

Cream of Pea Soup	Croûtons
Hash Brown Potatoes	Butter
White Muffins	Cream
Canned Peaches	

Dinner

Cold Ham	Creamed Potatoes
Baked Squash	Catsup
Banana and Nut Salad	Butter
Rice Pudding with Dates	Coffee
	Cream

FEBRUARY 22 (Sunday)

Roast Veal	Brown Potatoes
Creamed Cauliflower	Creamed Onions
Celery	Olives
	Bread
	Washington Cream Pie
	Coffee

Supper

Canned Salmon	Lemon
Butter	Grapefruit and Celery Salad
	Nut Bread
	Chocolate

THE AMERICAN HOME DIET, OR

FEBRUARY 23

Lunch

Baked Beans	Vegetable Soup	Catsup	Saltines
Bread	Butter	Milk	Cole Slaw
			Canned Peaches

Dinner

Veal Croquettes		Potato Puff
Creamed Carrots		Cucumber Pickles
Bread	Butter	Coffee
	Banana Cream Pie	Milk

FEBRUARY 24

Lunch

Waldorf Salad	Italian Spaghetti
Graham Muffins	Currant Jelly
Milk	Butter

Dinner

Pork Tenderloin	Mashed Potatoes
Creamed Turnips	Scalloped Apples
Bread	Butter
	Tapioca Custard

FEBRUARY 25

Lunch

Cream of Corn Soup	Egg, Olive and Potato Salad	Saltines
Bread		Butter
	Cranberry Sauce	

Dinner

Boiled Tongue	Tomato Sauce
Baked Potatoes	Spinach with Egg
Cole Slaw	Butter
Coffee	Milk
Caramel Pie	or Bread Pudding

FEBRUARY 26

Lunch

Scalloped Oysters	Apple and Raisin Salad
Bread	Butter
Doughnuts	Coffee

Dinner

Cold Tongue	Creamed Potatoes
Buttered Beets	Asparagus Salad
Bread	Butter
Brown Betty	Hard Sauce

FEBRUARY 27

Lunch

Fish Chowder	Macaroni and Peanut Butter
Cornmeal Muffins	Syrup
Butter	Milk

Dinner

Salmon Loaf or Roast Pork	Mashed Potatoes
Sauer Kraut	Creamed Onions
Bread	Coffee
	Butter
	Grapefruit

WHAT SHALL WE HAVE FOR DINNER?

FEBRUARY 28

Lunch

Creamed Dried Beef
Raisin Bread
Banana and Nut Salad

Boiled Rice
Butter
Milk

Dinner

Cold Roast Pork
Creamed Peas
Cole Slaw
Prune Whip

or
Bread

Boiled Salmon Croquettes
Sweet Potatoes
Butter
Custard Sauce

MARCH 1. (Sunday)

Breakfast

Oranges

Cream of Wheat
Waffles
Syrup

Bacon
Coffee

Sugar—Milk
Butter
Cocoa

Dinner

Roast Beef
Creamed Turnips
Spiced Peaches
Vanilla Ice Cream

Gravy
Bread

Brown Potatoes
Creamed Asparagus
Butter
Saltines

Supper

Salted Peanuts
Welsh Rarebit on Toast
Chocolate

Layer Cake

MARCH 2

Breakfast

Stewed Prunes

Oatmeal
Poached Eggs
Coffee

Toast

Sugar—Milk
Butter
Cocoa

Lunch

Cream of Asparagus Soup
Baked Beans
Waldorf Salad

Butter
Bread

Saltines
Catsup
Milk

Dinner

Reheated Roast Beef
Gravy
Butter
Raisin Pie

Creamed Onions
Bread

Mashed Potatoes
Pepper Relish
Coffee
Cheese

THE AMERICAN HOME DIET, OR

MARCH 3

Breakfast

Pettijohns	Apple Sauce	Sugar—Milk
Butter	Toast	Orange Marmalade
Coffee		Toast

Lunch

Macaroni and Cheese	White Muffins	Cole Slaw	Tea
Butter	Pineapple Sauce		

Dinner

Broiled Ham	Creamed Potatoes	Spinach
Buttered Beets	Butter	
Bread	Cream	
Caramel Custard		

MARCH 4

Breakfast

Cream of Wheat	Bananas	Sugar—Milk
Butter	Griddle Cakes	Syrup
Coffee		Cocoa

Lunch

Vegetable Soup	Milk	Saltines	Bread
Glazed Sweet Potatoes	Banana and Nut Salad		
Butter			

Dinner

Rice and Meat (leftover) in Casserole	
Creamed Carrots	Cucumber Pickles
Butter	Raised Biscuits
Cherry Pudding	Strawberry Jam
	Sauce

MARCH 5

Breakfast

Oatmeal	Stewed Prunes	Sugar—Milk
Bacon or Scrambled Eggs		Toast
Coffee	Cocoa	Butter

Lunch

Creamed Dried Beef	Baked Potatoes
Pickled Pears	Baking Powder Biscuits
Butter	Honey
	Milk

Dinner

Breaded Veal Cutlets	Mashed Potatoes
Creamed Cabbage	Dill Pickles
Bread	Butter
	Bread Pudding

WHAT SHALL WE HAVE FOR DINNER?

MARCH 6

Breakfast

Pettijohns	Apples	Sugar—Milk
Butter	Coffee	Potato Cakes
Toast		Cocoa

Lunch

Creamed Tuna Fish	Bread	Boiled Rice
Grapefruit and Celery Salad		Milk
Tea		Butter

Dinner

Broiled Halibut	Butter	Creamed Potatoes
Spinach with Egg	Lemon Pie	Chili Sauce
Bread		Coffee

MARCH 7

Breakfast

Oatmeal	Bananas	Sugar—Milk
Cocoa	Toast	Coffee
Omelet		Butter

Lunch

Cream of Potato Soup	Bread	Saltines
Italian Spaghetti		Butter
Baked Apples		Cream

Dinner

Meat Loaf	Gravy	Mashed Potatoes
Creamed Onions	Butter	Cole Slaw
Bread		Milk
Brown Betty		Hard Sauce

MARCH 8. (Sunday)

Breakfast

Cornmeal Mush	Grapefruit	Sugar—Milk
Butter	Syrup	Coffee
Waffles		Cocoa

Dinner

Roast Chicken	Stuffing	Giblet Gravy
Creamed Carrots	Bread	Mashed Potatoes
Spiced Peaches		Butter
Fruit Jello	Whipped Cream	

Supper

Oyster Stew	Egg, Olive and Potato Salad	Crackers
Nut Bread	Butter	Chocolate
	Marshmallows	

THE AMERICAN HOME DIET, OR

MARCH 9

Breakfast

Bananas
Pettijohns
Soft Boiled Eggs
Coffee
Toast
Sugar—Milk
Butter
Cocoa

Lunch

Scalloped Potatoes
Cottage Cheese Salad
Butter
Banana Fritters
Bread
Sauce

Dinner

Creamed Chicken
Spinach with Bacon
Bread
Date Pudding
Baked Stuffed Potatoes
String Bean Salad
Coffee
Whipped Cream

MARCH 10

Breakfast

Stewed Prunes
Bacon
Oatmeal
Butter
Toast
Sugar—Milk
Coffee
Cocoa

Lunch

Chicken Soup with Noodles
Creamed Peas on Toast
Bread
Grapefruit and Celery Salad
Tea
Milk
Saltines
Butter
Wafers

Dinner

Boiled Tongue
Mashed Potatoes
Cole Slaw
Cup Cake
Bread
Tomato Sauce
Creamed Carrots
Butter
Foamy Sauce

MARCH 11

Breakfast

Pettijohns
Butter
Griddle Cakes
Toast
Stewed Apricots
Pork Sausages
Coffee
Sugar—Milk
Cocoa

Lunch

Cream of Pea Soup
Lettuce Salad
Bread
Apple Sauce
Croûtons
Hash Brown Potatoes
Butter
Cream

Dinner

Swiss Steak
Buttered Beets
Rice Custard
Mashed Potatoes
Butter
Fried Onions
Bread
Cream

WHAT SHALL WE HAVE FOR DINNER?

MARCH 12

Breakfast

Bananas

Cream of Wheat

Toast

Coffee

Cocoa

Sugar—Milk
Orange Marmalade
Butter

Lunch

Vegetable Soup
Baked Beans
Butter

Saltines
Steamed Brown Bread
Catsup

Stewed Apricots

Cream

Dinner

Cold Tongue
Creamed Cabbage
Bread

Creamed Potatoes
Apple and Date Salad
Coffee

Caramel Custard

Butter

Cream

Raisin Pie

or

Cheese

MARCH 13

Breakfast

Prunes

Oatmeal

Bacon

Waffles
Butter

Sugar—Milk
Coffee
Syrup
Cocoa

Lunch

Cream of Potato Soup
Codfish Cakes
Milk
Baking Powder Biscuits
Tea

Saltines
Catsup
Honey
Butter

Dinner

Salmon Loaf
Creamed Onions
Bread
Chocolate Steamed Pudding

Mashed Potatoes
Celery
Butter
Hard Sauce

MARCH 14

Breakfast

Oranges

Cornmeal Mush
Toast

Butter
Coffee

Sugar—Milk
Scrambled Eggs

Cocoa

Lunch

Cream of Celery Soup
Potato Puff
Bread

Saltines
Spiced Peaches
Tea

Butter
Banana and Nut Salad

Dinner

Meat Pie
Bread
Lettuce Salad
Butter
Prune Whip

Glazed Sweet Potatoes
Dill Pickles
Milk
Custard Sauce
Coffee

THE AMERICAN HOME DIET, OR

MARCH 15. (Sunday)

Breakfast

Baked Apples
 Pettijohns
 Waffles
 Coffee
 Syrup
 Sugar—Milk
 Cocoa
 Butter

Dinner

Pot Roast
 Creamed String Beans
 Olives
 Bread
 Apricot Sherbet
 or Fruit Jello and Whipped Cream
 Brown Potatoes
 Butter
 Oatmeal Cookies
 Cole Slaw
 Gravy
 Coffee

Supper

Welsh Rarebit on Toast
 Salted Peanuts
 Pineapple Salad
 Chocolate
 Layer Cake
 Butter

MARCH 16

Breakfast

Cream of Wheat
 Omelet or Bacon
 Coffee
 Oranges
 Cocoa
 Sugar—Milk
 Toast
 Butter

Lunch

Vegetable Soup
 Waldorf Salad
 Butter
 Saltines
 Bread
 Milk

Cake (left from Sunday)

Dinner

Pot Roast Reheated in Gravy
 Rhubarb Conserve
 Bread
 Lemon Pie
 Mashed Potatoes
 Green Onions
 Creamed Turnips
 Butter

MARCH 17

Breakfast

Apples
 Oatmeal
 Potato Cakes
 Apple Jelly
 Toast
 Coffee
 Sugar—Milk
 Butter
 Cocoa

Lunch

Cream of Tomato Soup
 Creamed Tuna Fish
 Bread
 Tea
 Sliced Oranges and Shredded Cocoanut
 Croûtons
 Boiled Rice
 Butter

Dinner

Hamburger Layer
 Creamed Cabbage
 Celery
 Waldorf Salad
 Mashed Potatoes
 Gravy
 Bread
 Cheese Crackers
 Butter
 Coffee

WHAT SHALL WE HAVE FOR DINNER?

MARCH 18

Breakfast

Stewed Prunes

Cornmeal Mush
Griddle Cakes
Coffee
Syrup
Cocoa
Sugar—Milk
Butter

Lunch

Corn Chowder

Macaroni and Cheese
Cole Slaw
Butter
Nut Cookies
Bread
Milk

Dinner

Veal Cutlets in Casserole

Creamed Potatoes
Watercress Salad
Butter
Chocolate Bread Pudding
Buttered Beets
Bread

MARCH 19

Bananas

Cream of Wheat
Toast
Butter
Coffee
Sugar—Milk
Strawberry Jam
Cocoa

Lunch

Egg, Olive and Potato Salad

Gingerbread
Canned Peaches
Butter
Cream
Milk

Dinner

Reheated Veal Cutlets
Creamed Onions
Butter
Asparagus Salad
Mashed Potatoes
Chili Sauce
Bread
Washington Cream Pie

MARCH 20

Breakfast

Oranges

Pettijohns
Soft Boiled Eggs
Coffee
Toast
Cocoa
Sugar—Milk
Butter

Lunch

Italian Spaghetti
Apple and Raisin Salad
Tea
Bread
Scalloped Corn
Butter
Rhubarb Sauce

Dinner

Broiled Halibut
Spinach
Dill Pickle
Coffee
Bread
Apple Pie
Creamed Potatoes
Stewed Tomatoes
Butter
Cheese

THE AMERICAN HOME DIET, OR

MARCH 21

Breakfast

Stewed Prunes

Oatmeal Sugar—Milk
Toast Bacon or Poached Eggs Cocoa
 Butter Coffee

Lunch

Cream of Tomato Soup Saltines
Scalloped Potatoes Chow-Chow
 Cabbage and Nut Salad
 Butter Bread

Dinner

Lamb Chops Baked Stuffed Potatoes
 Creamed Carrots Currant Jelly
 Celery Bread Butter
 Chocolate Custard Sugar Cookies

MARCH 22. (Sunday)

Breakfast

Apples

Cream of Wheat Sugar—Milk
Toast Coffee Cocoa Butter
 Carrot Marmalade

Dinner

Broiled Steak Mashed Potatoes
 Creamed Cabbage Olives
 Grapefruit and Celery Salad
 Butter Coffee Bread
 Vanilla Ice Cream Chocolate Sauce
 Saltines

Supper

Tuna Fish Salad Nut-Bread
Grape Conserve Chocolate Butter
 Sugar Cookies

MARCH 23

Breakfast

Bananas

Oatmeal Milk
Butter Griddle Cakes Syrup
 Coffee Cocoa

Lunch

Creamed Dried Beef Baked Potatoes
Cole Slaw White Muffins
 Butter Tea

Dinner

Stuffed Beef Heart Glazed Sweet Potatoes
Creamed Onions Butter Buttered Beets
 Mixed Pickle Coffee
 Tapioca Cream

WHAT SHALL WE HAVE FOR DINNER?

MARCH 24

Breakfast

Prunes

Pettijohns
Bacon or Scrambled Eggs
Coffee

Sugar—Milk

Toast

Butter

Cocoa

Lunch

Cream of Pea Soup
Scalloped Potatoes

Butter

Banana and Nut Salad

Croûtons

Graham Muffins

Dinner

Roast Pork

Sauer Kraut

Cabbage and Beet Salad

Butter

Gravy

Mashed Potatoes
Cucumber Pickles

Coffee

Bread

Lemon Pie

MARCH 25

Oranges

Cream of Wheat
Milk Toast

Sugar—Milk

Cocoa

Coffee

Lunch

Cream of Potato Soup
Macaroni and Cheese
Bread

Saltines

Spiced Currants

Butter

Baked Apple Stuffed with Raisins
Cream

Dinner

Creamed Potatoes
Green Onions

Roast Pork Reheated in Gravy

Bread

Spinach with Bacon
Butter

Prune Whip with Custard Sauce

MARCH 26

Breakfast

Bananas

Oatmeal
Waffles

Milk—Sugar

Butter

Coffee

Syrup

Cocoa

Lunch

Baked Beans
Catsup

Milk

Canned Peaches

Cole Slaw

Cornmeal Muffins

Butter

Cream

Dinner

Meat Pie
Buttered Turnips

Bread

Cherry Pudding

Butter

Creamed Onions

Radishes

Coffee

Sauce

THE AMERICAN HOME DIET, OR

MARCH 27

Breakfast

Stewed Prunes

Pettijohns
Creamed Eggs on Toast
Coffee
Cocoa
Sugar—Milk
Butter

Lunch

Fish Chowder

Spaghetti and Tomatoes
Butter
Tea
Rhubarb Sauce
Bread

Dinner

Salmon Croquettes with Creamed Peas
Mashed Potatoes
Olives
Bread
Apple Tapioca
Cream
Spinach
Butter

MARCH 28

Breakfast

Apples

Butter
Cream of Wheat
Sausage
Toast
Sugar—Milk
Coffee
Cocoa

Lunch

Vegetable Soup
Scalloped Corn
Bread
Saltines
Green Onions
Butter

Banana and Nut Salad

Dinner

Broiled Ham
Milk Gravy
Celery
Pineapple Sauce
Baked Potatoes
Creamed Lima Beans
Bread
Butter
Coffee

MARCH 29. (Sunday)

Breakfast

Grapefruit

Cornmeal Mush with Raisins
Toast
Butter
Coffee
Orange Marmalade
Cocoa
Milk

Dinner

Fricassee of Chicken
Creamed New Asparagus
Lettuce Salad
Coffee
Mashed Potatoes or Boiled Rice
Radishes
Bread
Fruit Jello
Whipped Cream
Butter

Supper

Sandwiches { Egg, Olive and Potato Salad
Peanut Butter
Pimento Cheese
Devil's Food Cake
Milk
Tea

WHAT SHALL WE HAVE FOR DINNER?

MARCH 30

Breakfast

Oatmeal
Bacon
Oranges
Toast
Coffee
Cocoa
Sugar—Milk
Butter

Lunch

Cream of Celery Soup
Potato Puff
Bread
Stewed Prunes and Apricots
Butter
Lima Beans in Casserole
Saltines

Dinner

Pork Tenderloin
Creamed Carrots
Bread
Brown Betty
Mashed Potatoes
Green Onions
Milk
Foamy Sauce

MARCH 31

Breakfast

Pettijohns
Bananas
Poached Eggs on Toast
Cocoa
Coffee
Sugar—Milk
Butter

Lunch

Chicken Soup with Rice
Scalloped Potatoes
Cole Slaw
Apple Fritters
Sauce
Butter
Bread

Dinner

Veal Stew with Dumplings
Spinach with Bacon
Chili Sauce
Milk
Bread
Orange Custard
Buttered Beets
Butter

APRIL 1. (Thursday)

Lunch

Cream of Potato Soup
Waldorf Salad
Honey
Milk
Butter
Saltines
White Muffins

Dinner

Pot Roast
Mixed Pickles
Coffee
Brown Potatoes
Gravy
Butter
Creamed Onions
Bread
Chocolate Bread Pudding

THE AMERICAN HOME DIET, OR

APRIL 2

Lunch

Welsh Rarebit on Toast	Bread
Pineapple Salad	Butter
Creamed Rice with Raisins	Cream

Dinner

Baked Shad	Butter	Lemon Sauce
Mashed Potatoes	Radishes	Creamed Peas
Bread	Washington Cream Pie	Milk

APRIL 3

Lunch

Cream of Pea Soup	Croûtons
Scalloped Potatoes	Green Onions
Bread	Butter
Rhubarb Sauce	

Dinner

Creamed Asparagus	Reheated Pot Roast in Gravy	Baked Potatoes
Bread	Lettuce Salad	Coffee
Banana Custard	Butter	Gingerbread

APRIL 4. (Sunday)

Dinner

Spinach	Roast Veal	Brown Potatoes
Bread	Gravy	Creamed Lima Beans
Vanilla Ice Cream	Butter	Olives
	Saltines	Caramel Sauce

Supper

Oyster Stew or Clam Chowder	
Salmon and Orange Salad	Cheese Straws
Mint Patties	Bread
Butter	Lemonade

APRIL 5

Lunch

Cream of Tomato Soup	Croûtons
Baked Beans	Cabbage Salad
Bread	Milk
Butter	
Stewed Prunes	

Dinner

Rice and Veal in Casserole	
Creamed Carrots	Radishes
Watercress Salad	Butter
Pineapple Sponge	Cream
Coffee	Bread

WHAT SHALL WE HAVE FOR DINNER?

APRIL 6

Lunch

Creamed Dried Beef	Baked Potatoes
Cucumber Pickles	Butter
Graham Muffins	Milk
Sliced Bananas	Cream

Dinner

Baked Ham	Creamed Potatoes
Sauer Kraut	Lettuce Salad
Bread	Butter
Date Pudding	Whipped Cream

APRIL 7

Lunch

Cream of Corn Soup	Saltines
Scalloped Potatoes	Cole Slaw
Bread	Butter
Canned Peaches	Cream

Dinner

Cold Ham	Mashed Potatoes
Creamed Peas	Coffee
Watercress Salad	Butter
Catsup	Bread
Banana Cream Pie	

APRIL 8

Lunch

Creamed Ham	Boiled Rice or Baked Potatoes
Orange Salad	Milk
Baking Powder Biscuits	Honey

Dinner

Hamburger Layer	Glazed Sweet Potatoes
Creamed Fresh Asparagus	Coffee
Bread	Olives
Chocolate Soufflé	Creamy Sauce

APRIL 9

Lunch

Waldorf Salad	Fish Chowder
Rice Pudding with Dates	Bread
	Butter
	Cream

Dinner

Salmon Loaf	Mashed Potatoes
Spinach with Egg	Green Onions
Bread	Butter
Jello with Custard Sauce	Spice Cookies

THE AMERICAN HOME DIET, OR

APRIL 10

Lunch

Vegetable Soup	Saltines	
Pickled Pigs Feet or Frankfurters		Milk
Potato Cakes	Bread	Butter
Sliced Oranges with	Cocoanut	

Dinner

Boiled Tongue	Tomato Sauce	
Baked Stuffed Potatoes	Creamed String Beans	Butter
Coffee	Radishes	
Cherry Pudding	Bread	
	Sauce	

APRIL 11. (Sunday)

Dinner

Roast Beef	Gravy	Mashed Potatoes
Creamed Fresh Asparagus		Cucumber Pickles
Bread	Butter	Milk
Chocolate Ice Cream		Saltines
	Coffee	

Supper

Tongue Sandwiches	Lettuce and Radish Salad
Cheese Sandwiches	Apricot Sauce
Spice Cookies	Chocolate

APRIL 12

Lunch

Cream of Tomato Soup		Croûtons
Egg, Olive and Potato Salad		
Bread	Butter	Cole Slaw
	Rhubarb Sauce	

Dinner

Baked Potatoes	Roast Beef Reheated in Gravy	Creamed Lima Beans
Green Onions		Butter
	Bread	
	Grapefruit	

APRIL 13

Lunch

Vegetable Soup	Saltines	
Creamed Peas on Toast		Milk
Butter	Ginger Bread	Coffee
	Cherry Sauce	

Dinner

Liver and Bacon	Creamed Potatoes
Creamed Onions	Chili Sauce or Radishes
Bread	Butter
Brown Betty	Hard Sauce

WHAT SHALL WE HAVE FOR DINNER?

APRIL 14

Lunch

Creamed Eggs on Toast	Butter	Milk
Cabbage and Nut Salad		
Cornmeal Muffins	Syrup	

Dinner

	Lamb Stew with Dumplings	
Creamed Carrots		Lettuce and Onion Salad
Raisin Bread	Coffee	Butter
Apricot Sherbet or	Apricot Fluff with Custard Sauce	
	White Cake	

APRIL 15

Lunch

Cream of Potato Soup		Saltines
Mustard Sardines		Scalloped Corn
Bread		Butter
	Rhubarb Conserve or Apple Jelly	

Dinner

Swiss Steak		Fried Onions
Mashed Potatoes	Spinach	Lettuce Salad
Bread	Butter	Milk
Orange Custard		Vanilla Wafers

APRIL 16

Lunch

Salmon Croquettes		Creamed Peas
	Radishes or Cucumber Pickles	
Cole Slaw	Bread	Butter
	Banana and Nut Salad	

Dinner

Broiled Halibut		Egg Sauce
Mashed Potatoes		Buttered Beets
Cottage Cheese Salad		Bread
Butter	Milk	Coffee
	Lemon Pie	

APRIL 17

Lunch

	Corn Chowder	
Italian Spaghetti		Pear Salad
Bread		Butter

Dinner

Meat Loaf		Potato Puff
Creamed Cabbage		Radishes
Bread	Butter	Milk
Prune Fluff		Cream

THE AMERICAN HOME DIET, OR

APRIL 18 (Sunday)

Dinner

Fricassee of Chicken Mashed Potatoes or Boiled Rice
 Creamed New Asparagus Spiced Peaches
Watercress Salad Bread Butter
 Vanilla Ice Cream Chocolate Sauce
 Coffee Saltines

Supper

 Shrimp Salad or Kidney Bean Salad
Nutt Bread Butter Salted Peanuts
 Fruit Cake Chocolate

APRIL 19

Lunch

 Macaroni and Cheese
Cabbage Salad Stewed Tomatoes
 Bread Butter
 Baked Apple—Cream

Dinner

Corn Beef Hash Spinach with Egg
 Raised Biscuits Butter
 Orange Marmalade Coffee
 Rhubarb Pie Cheese

APRIL 20

Lunch

 Chicken Soup with Noodles
Rice Croquettes Kippered Herring
Bread Butter
 Milk
 Doughnuts

Dinner

 Hamburger Layer Creamed Potatoes
String Bean Salad Creamed Peas
 Bread Butter
 Cottage Pudding Foamy Sauce

APRIL 21

Lunch

 Cream of Tomato Soup Saltines
Scalloped Potatoes Watercress and Onion Salad
 Bread Butter
 Rhubarb Sauce

Dinner

Stuffed Spare Ribs Creamed Potatoes
 Sauer Kraut Cottage Cheese and Olive Salad
Milk Bread Butter
 Steamed Fruit Cake (leftover) Creamy Sauce

WHAT SHALL WE HAVE FOR DINNER?

APRIL 22

Lunch

Welsh Rarebit on Toast
Cabbage and Nut Salad
Sliced Bananas
Cream
Milk
Butter

Dinner

Meat Pie
Lettuce and Onion Salad
Baked Stuffed Potatoes
Raised Biscuits
Apple Jelly
Milk
Coffee
Butter
Creamed Rice with Dates
Cream

APRIL 23

Lunch

Potato Salad
Butter
Codfish Cakes or Mustard Sardines
Radishes
Bread
Milk
Stewed Prunes
Cream

Dinner

Baked Shad
Stewed Tomatoes
Bread
Caramel Custard
Butter
French Fried Potatoes
Buttered Beets
Coffee
Cream

APRIL 24

Lunch

Cream of Potato Soup
Banana and Nut Salad
Cucumber Pickle
Cornmeal Muffins
Saltines
Scalloped Cabbage
Butter

Dinner

Lamb Chops
Spinach with Egg
Butter
Mashed Potatoes
Bread
Watercress Salad
Grapefruit

APRIL 25 (Sunday)

Dinner

Pot Roast
Brown Potatoes
Gravy
Pear Salad
Creamed New Asparagus
Butter
Vanilla Ice Cream
Saltines

Chocolate Sauce
Coffee

Supper

Soft Boiled Eggs
Olive
Chocolate
White Cake
Nut Bread
Butter
Marshmallows

THE AMERICAN HOME DIET, OR

APRIL 26

Lunch

Cream of Asparagus Soup		Saltines
Italian Spaghetti	Cole Slaw or	Lettuce Salad
Bread		Butter

Rhubarb Sauce

Dinner

Stuffed Beef Heart		Mashed Potatoes
Creamed Onions	Bread	Butter
Chili Sauce		Radishes

Washington Cream Pie

APRIL 27

Lunch

Cream of Corn Soup		Saltines
Scalloped Potatoes		Radishes
Gingerbread	Coffee	Milk

Dinner

	Pot Roast Reheated in Gravy	
Baked Potatoes		Creamed Carrots
Green Onions	Bread	Butter
	Lemon Pie	

APRIL 28

Lunch

Vegetable Soup		Saltines
Banana and Nut Salad		White Muffins
Milk	Orange Marmalade	Butter

Dinner

Breaded Pork Chops		Mashed Potatoes
Sauer Kraut		Watercress Salad
Bread	Butter	Coffee
Pineapple Sponge		Cream

APRIL 29

Lunch

	Egg, Olive and Potato Salad	
Rhubarb Conserve	Bread	Butter
Canned Pears		Cream

Dinner

Swiss Steak		Mashed Potatoes
Creamed Peas		Green Onions
Bread	Butter	Coffee
Prune Fluff		Custard Sauce

WHAT SHALL WE HAVE FOR DINNER?

APRIL 30

Lunch

Potato Cakes	Creamed Tuna Fish	Letttuce and Orange Salad	Toast
Milk		Butter	
	Bread		
	Oatmeal Cookies		

Dinner

Egg Sauce	Broiled Shad	Creamed Potatoes	Buttered Beets
Bread		Coffee	
	Cottage Pudding	Foamy Sauce	

MAY 1 (Saturday)

Lunch

Watercress	Boiled Rice	Cheese Salad	Cheese Sauce
Butter	and Cottage	Graham Muffins	Pineapple Sauce
			Milk

Dinner

Scalloped Tomatoes	Broiled Ham	Milk Gravy	Mashed Potatoes
Bread		Butter	Green Onions
		Custard Pie	Coffee

May 2 (Sunday)

Dinner

Roast Lamb	Brown Potatoes	Mint Sauce	Gravy
Creamed New Asparagus		Butter	
Lettuce Salad	Bread	Coffee	
Vanilla Ice Cream		Saltines	
Chocolate Sauce			

Supper

Canned Salmon	Lemon
Sandwiches (Peanut Butter, Cream Cheese)	
Chocolate	Cocoanut Cake
Fresh Strawberries	Cream

MAY 3

Lunch

Creamed Dried Beef	Baked Potatoes
Green Onions	Butter
Cake (leftover)	Rhubarb Sauce

Dinner

Lamb Croquettes	Tomato Sauce	Buttered New Potatoes
Spinach with Egg		Raisin Bread
Milk	Butter	Coffee
Raisin Pie		Cheese

THE AMERICAN HOME DIET, OR

MAY 4

Lunch

Cream of Potato Soup
Tuna Fish Salad
Butter
Fresh Pineapple Sauce
Syrup
Saltines
Corn Bread

Dinner

Breaded Veal Cutlets
Creamed Carrots
Bread
Caramel Custard
Creamed Potatoes
Lettuce or Watercress Salad
Butter
Cream

MAY 5

Lunch

Orange Marmalade
Bread
Egg, Olive and Potato Salad
Milk
Creamed Rice with Dates
Graham Muffins
Saltines

Dinner

Liver and Bacon
Creamed Peas
Bread
Pineapple Sponge
Butter
Mashed Potatoes
Cabbage Salad
Coffee
Cream

MAY 6

Lunch

Cream of Pea Soup
Scalloped Corn
Spiced Cookies
Banana and Nut Salad
Bread
Croûtons
Butter
Milk

Dinner

Meat Pie
Boiled Cabbage with Dressing
Raised Biscuits
Chocolate Soufflé
Creamed Onions
Butter
Radishes
Creamy Sauce

MAY 7

Lunch

Deviled Egg Salad
Tea
Fish Chowder
Bread
Orange Marmalade
Butter
Milk

Dinner

Baked Haddock
Cole Slaw
Butter
Lemon
Creamed Peas
Chocolate Pie
Creamed Potatoes
Bread
Coffee

WHAT SHALL WE HAVE FOR DINNER?

MAY 8

Lunch

Vegetable Soup		Saltines
Baked Beans	Catsup	Bread
Butter		Green Onions
Sliced Oranges and Shredded Cocoanut		

Dinner

Lamb Chops		Mashed Potatoes
Creamed Lima Beans		Watercress Salad
Radishes	Bread	Milk
	Spanish Cream	Butter
		Saltines

MAY 9. (Sunday)

Dinner

Broiled Steak		Baked Potatoes
Creamed Asparagus		Celery
Bread	Butter	Lettuce Salad
Vanilla Ice Cream	Fresh Strawberries	
	Chocolate Cake	
	Coffee	

Supper

Olives	Welsh Rarebit on Toast	Nut-Bread
	Radishes	Milk or Chocolate
Butter		
Fresh Pineapple		

MAY 10

Lunch

Cream of Asparagus Soup		Saltines
Potato Puff	Frankfurters	Mustard
Baking Powder Biscuits		Honey
	Butter	
	Milk	

Dinner

Broiled Ham		Mashed Potatoes
Milk Gravy	Spinach	Bread
Grapefruit and Celery Salad		Butter
	Cake (Left Over)	
	Coffee	

MAY 11

Lunch

Mustard Sardines		Scalloped Potatoes
	Watercress and Cottage Cheese Salad	
Milk	Butter	Bread
Rhubarb Sauce		Spice Cookies

Dinner

Liver and Bacon		Creamed Potatoes
Buttered Beets	Dill Pickles	Bread
	Butter	Lettuce Salad
		Radishes
Strawberry Shortcake or	Banana Custard	

THE AMERICAN HOME DIET, OR

MAY 12

Lunch

	Cream of Potato Soup	Saltines
	Italian Spaghetti	Butter
Milk		Prune Sauce
	Gingerbread	

Dinner

	Veal Birds	Mashed Potatoes
	Cream String Beans	Lettuce Salad
Bread		Coffee
	Apple Pie	Cheese

MAY 13

Lunch

	Cream of Tomato Soup	Croûtons
	Scalloped Corn	Green Onions
	Banana and Nut Salad	White Muffins
	Butter	

Dinner

	Beef Stew	Mashed Potatoes
	Spinach with Bacon	Raised Biscuits
Milk		Cucumber Pickles
	Prune Fluff with Custard Sauce	Sugar Cookies

MAY 14

Lunch

	Creamed Tuna	Fish or Finnan Haddie
Baked Potatoes		Lettuce and Onion Salad
Milk		Butter
	Banana Fritters	Sauce

Dinner

	Salmon Loaf	Creamed Potatoes
	Creamed Asparagus	Dill Pickles
Bread		Butter
	Steamed Chocolate Pudding	Creamy Sauce

MAY 15

Lunch

	Corn Chowder	
	Hash Brown Potatoes	
Bread		Butter
	Canned Peaches	Cream

Dinner

	Breaded Pork Chops	Baked Stuffed Potatoes
	Boiled Cabbage with Dressing	Green Onions
Bread		Coffee
	Whipped Cream	Cake or Tapioca Custard

WHAT SHALL WE HAVE FOR DINNER?

MAY 16 (Sunday)

Dinner

Fricassee of Chicken	Boiled Rice or Mashed Potatoes
Creamed Peas	Lettuce Salad
Olives	Butter
Bread	Coffee
Strawberry Ice Cream	Saltines

Supper

Egg, Olive and Potato Salad	Chocolate
Nut Bread	Butter
Marshmallows	Salted Peanuts

MAY 17

Lunch

Vegetable Soup	Saltines
Cheese Soufflé	Cole Slaw
Bread	Milk
Butter	
Fresh Pineapple	

Dinner

Boiled Tongue	Tomato Sauce	Baked Potatoes
Creamed String Beans	Butter	Radishes
Bread		Coffee
Rhubarb Pie	Cheese	

MAY 18

Lunch

Chicken Soup with Noodles	Saltines
Kipperd Herring on Toast or Creamed Eggs	White Muffins
Butter	Cream
Green Onions	
Apple Sauce or Strawberries	

Dinner

Cold Tongue	Creamed New Potatoes
Spinach with Egg	Watercress Salad
Bread	Milk
Butter	Coffee
Apricot Fluff	Custard Sauce

MAY 19

Lunch

Creamed Dried Beef	Baked Potatoes
Cornmeal Muffins	Syrup
Mixed Pickles	Butter
Sliced Oranges with Shredded	Cocoanut

Dinner

Pot Roast	Gravy	Brown Potatoes
Horse Radish	Butter	Creamed Onions
Bread		Milk
Caramel Custard	Cream	

THE AMERICAN HOME DIET, OR

MAY 20

Lunch

Cream of Corn Soup		Saltines
Mexican Beans		Lettuce Salau
Bread	Butter	
Apple Sauce	Green Onions	

Dinner

Pot Roast Reheated in Gravy		Buttered New Potatoes
Scalloped Cabbage		Lettuce Salad
Bread	Butter	Milk
Spiced Pears	Banana Cream Pie	

MAY 21

Lunch

Creamed Codfish		Potato Puff
Cucumber Pickles	Bread	Butter
French Toast		Syrup

Dinner

Broiled Trout	Lemon Sauce	Mashed Potatoes
Creamed Asparagus		Cole Slaw
Bread	Butter	Coffee
Bread Pudding	Saltines	

MAY 22

Lunch

Cream of Tomato Soup		Saltines
Scalloped Potatoes		Frankfurters
Mustard	Bread	Butter
	Banana and Nut Salad	

Dinner

Meat Pie		Creamed Peas
Buttered String Beans	Lettuce Salad	Radishes
Bread	Butter	Milk
Strawberry Short Cake		

MAY 23. (Sunday)

Dinner

Roast Pork	Gravy	Brown Potatoes
Spinach	Sauer Kraut	Bread
Butter		Milk
Pineapple Sponge	Coffee	

Supper

Cream of Potato Soup		Saltines
Stuffed Egg Salad		Nut Bread
Lemonade	Chocolate Drop Cookies	

WHAT SHALL WE HAVE FOR DINNER?

MAY 24

Lunch

Vegetable Soup
Scalloped Corn
Bread
Creamed Rice with Dates

Saltines
Lettuce and Radish Salad
Milk
Cream

Dinner

Cold Roast Pork
Creamed Onions
Raised Biscuits
Chocolate Soufflé

Mashed Potatoes
Chili Sauce
Coffee
Creamy Sauce

MAY 25

Lunch

Salmon Croquettes
Bread
Rhubarb Sauce

Creamed Peas
Tomato and Onion Salad
Spice Cookies or Doughnuts

Dinner

Veal Stew with Dumplings
Cole Slaw
Bread
Cherry Pudding

Creamed Carrots
Butter
Milk
Sauce

MAY 26

Lunch

Cream of Pea Soup
Macaroni and Cheese
Salted Peanuts

Croûtons
Cucumber Pickles
Bread

Butter
Fresh Pineapple

Dinner

Stuffed Round Steak
Creamed New Potatoes
Milk
Fruit Jello
Coffee
Buttered Asparagus
Bread
Whipped Cream
Butter

MAY 27

Lunch

Cream of Tomato Soup
Scrambled Eggs and Dried Beef
Butter
Cherry Sauce

Croûtons
Bread
Hash Brown Potatoes
Saltines

Dinner

Pork Tenderloin
Creamed String Beans
Bread
Orange Custard
Milk Gravy
Buttered New Potatoes
Lettuce Salad
Butter
Cream

THE AMERICAN HOME DIET, OR

MAY 28

Lunch

Tuna Fish Salad		Corn-bread
Strawberry Jam	Milk	Butter
Banana Fritters		Sauce

Dinner

Shad Roe with Bacon or Baked Haddock with Stuffing		
Mashed Potatoes	Watercress and Cottage Cheese Salad	
Butter	Bread	Coffee
	Strawberry Short Cake	Milk

MAY 29

Lunch

Baked Beans	Corn Chowder	Steamed Brown Bread
Butter	Catsup	Milk
	Pear Sauce	

Dinner

Meat Pie		Creamed Onions
Asparagus Salad	Bread	Butter
Coffee		Dill Pickles
	Tapioca Custard	

MAY 30 (Sunday)

Dinner

Fried Spring Chicken	Mashed Potatoes	
Spinach	Milk Gravy	Radishes
Bread	Butter	Olives
Vanilla Ice Cream	Coffee	
Angel Food Cake	Caramel Sauce	

Supper

Welsh Rarebit on Toast		
Banana and Nut Salad	Nut Bread	
Butter	Lemonade	
	Cocoanut Cookies	

MAY 31

Lunch

Italian Spaghetti		Cole Slaw
Kidney Bean Salad	Baking Powder Biscuits	Butter
Milk		Honey

Dinner

Meat Loaf or Swiss Steak		Creamed New Potatoes
Buttered Beets	Bread	Butter
Watercress Salad	Bread Pudding	Coffee
Strawberry Short Cake		Whipped Cream

WHAT SHALL WE HAVE FOR DINNER?

JUNE 1 (Tuesday)

Lunch

Scalloped Salmon
Lettuce Salad
Butter
Strawberry Jam
White Muffins
Fried Rice
Milk

Dinner

Liver and Bacon
Boiled Cabbage with Dressing
Green Onions
Rhubarb Pie
Creamed New Potatoes
Bread
Butter
Cheese
Coffee

JUNE 2

Lunch

Cream of Tomato Soup
Potato Salad
Bread
Butter
Fresh Pineapple
Croûtons
Green Onions
Ice Tea

Dinner

Breaded Veal Cutlets
Beet Greens
Butter
Chocolate Custard
Radishes
Mashed Potatoes
Milk
Cream
Bread

JUNE 3

Lunch

Cheese Soufflé
Bread
Cherry Sauce
Scalloped Tomatoes
Butter
Doughnuts

Dinner

Stuffed Beef Heart
Creamed String Beans
Bread
Cornstarch Pudding with Fresh Crushed Strawberries
Butter
Milk
Baked Potatoes
Lettuce Salad
Cream

JUNE 4

Lunch

Rice and Cheese Croquettes with Tomato Sauce
Watercress Salad
Bread
Butter
Sliced Bananas
Milk
Cream
Ice Tea

Dinner

Fried Perch
Buttered Beets
Bread
Cottage Pudding
Green Onions
Butter
Foamy Sauce
Creamed Potatoes
Orange Salad
Coffee

THE AMERICAN HOME DIET, OR

JUNE 5

Lunch

Vegetable Soup
Baked Beans
Butter
Catsup
Fresh Pineapple Salad
Saltines
Bread
Cheese Crackers

Dinner

Broiled Ham
Milk Gravy
Lettuce Salad
Milk
Mashed Potatoes
Creamed Peas
Butter
Bread
Lemon Pie

JUNE 6 (Sunday)

Dinner

Roast Lamb
Creamed Asparagus
Bread
Brown Potatoes
Lettuce Salad
Butter
Strawberry Ice Cream
Saltines
Mint Sauce
Beet Greens
Radishes
Coffee

Supper

Soft Boiled Eggs
Banana and Nut Salad
Cocoanut Cake
Bread
Iced Tea
Butter

JUNE 7

Lunch

Cream of Asparagus Soup
Scalloped Potatoes
Graham Muffins
Currant Jelly
Saltines
Cole Slaw
Butter

Dinner

Lamb Reheated in Gravy
Creamed Onions
Bread
Butter
Tapioca Cream
Baked Potatoes
Tomato and Onion Salad
Milk

JUNE 8

Lunch

Potato Puff
Bread
Banana Fritters
Lettuce Salad
Mexican Beans
Butter
Sauce

Dinner

Boiled Tongue
Tomato Sauce
Butter
Spinach
Milk
Pineapple Sherbet or Pineapple Whip
Mashed Potatoes
Radishes
Bread

WHAT SHALL WE HAVE FOR DINNER?

JUNE 9

Lunch

Creamed Dried Beef	Iced Tea	Boiled Rice	Butter
Cabbage and Nut Salad	Baking Powder Biscuits	Honey	

Dinner

Cold Tongue	Chili Sauce	Creamed Potatoes	Bread
Beet Greens	Lettuce and Onion Salad		
Butter	Strawberry Short Cake		

JUNE 10

Lunch

Cream of Potato Soup	Saltines
Macaroni and Cheese	Salad (greens left over)
Bread	Iced Chocolate
Rhubarb Sauce	Nut Cookies

Dinner

Veal Stew with Dumplings	Tomato Salad	Coffee
Creamed Asparagus	Butter	
Raised Biscuits	Banana Cream Pie	

JUNE 11

Lunch

Tuna Fish Salad	Cucumber Pickles	Butter
Corn Bread	Foamy Sauce	Milk
Cup Cake		

Dinner

Salmon Cutlets	Buttered Potatoes	Bread
Creamed Peas	Radishes	Coffee
Watercress Salad	Butter	
	Bread Pudding	

JUNE 12

Lunch

Scalloped Potatoes	Mustard Sardines
Date and Nut Salad	Bread
Butter	French Toast
	Syrup

Dinner

Hamburger Layer	Creamed Potatoes	Olives
Creamed String Beans	Butter	
Milk	Bread	
Prune Whip	Iced Tea	
	Custard Sauce	

THE AMERICAN HOME DIET, OR

JUNE 13 (Sunday)

Dinner

Fricassee of Chicken	Mashed Potatoes	
Spinach	Tomato Salad	Bread
Butter	Coffee	
Vanilla Ice Cream	Saltines	
	Chocolate Sauce	

Supper

Shrimp Salad	or	Potato Salad	
Salted Peanuts	Butter		Nut Bread
Lemonade		Layer Cake	

JUNE 14

Lunch

Chicken Soup with Noodles		Saltines
Butter	Creamed Eggs on Toast	Radishes
	Iced Tea	Cherry Sauce

Dinner

Swiss Steak	Mashed Potatoes	
Creamed Lima Beans		Spinach
Bread	Butter	Milk
Black Raspberries		Cream

JUNE 15

Lunch

Cream of Potato Soup		Saltines
Rice with Cheese and Tomatoes		Bread
Waldorf Salad	Butter	Iced Tea
	Orange Marmalade	

Dinner

Lamb Chops		Creamed Potatoes
Buttered String Beans		Dill Pickles
Bread	Butter	Iced Tea
Strawberry Short Cake		Whipped Cream

JUNE 16

Lunch

Vegetable Soup		Saltines
Scalloped Potatoes		Lettuce and Onion Salad
White Muffins	Butter	Milk
	Rhubarb Sauce	

Dinner

Stuffed Spare Ribs		Boiled Potatoes
Sauer Kraut		Buttered Beets
Bread	Butter	Milk
Baked Apple Stuffed with Raisins		Cream

WHAT SHALL WE HAVE FOR DINNER?

JUNE 17

Lunch

Mustard Sardines or Fried Soft Crabs			Potato Cakes
Tomato Salad	Bread	Milk	Butter
Strawberries		Cream	

Dinner

Cold Boiled Ham			Creamed Potatoes
Beet Greens with Egg			Watercress Salad
Butter	Bread		Coffee
Cherry Pie		Cheese	

JUNE 18

Lunch

	Egg, Olive and Potato Salad		
Black Raspberry Jam			Graham Muffins
Butter			Milk
Cup Cake		Foamy Sauce	

Dinner

Baked Black Bass			Boiled Potatoes
Creamed Peas			Spinach with Egg
Milk	Butter	Bread	Iced Tea
Date Pudding		Whipped Cream	

JUNE 19

Lunch

	Cream of Spinach Soup		Saltines
Hash Brown Potatoes			Frankfurters
Bread	Butter	Catsup	Iced Tea
	Fresh Pineapple		

Dinner

Meat Pie			Creamed Cabbage
Lettuce Salad			Cucumber Pickles
Raised Biscuits	Butter		Coffee
Cornstarch Pudding with Crushed Black Raspberries			Cream

JUNE 20 (Sunday)

Dinner

Roast Beef	Brown Potatoes		Gravy
Horse Radish			Bread
Creamed Asparagus		Tomato Salad	
Butter	Olives		Coffee
Pineapple Sherbet		Saltines	

Supper

Peanut Butter, Dates and Cream Cheese, Lettuce Sandwiches		
Salted Peanuts		
Deviled Eggs		Lemonade
Chocolate Layer Cake		

THE AMERICAN HOME DIET, OR

JUNE 21

Lunch

Scalloped Corn			
Banana and Nut Salad	Butter	Cole Slaw	Milk
	White Muffins		
	Rhubarb Conserve		

Dinner

	Roast Beef Reheated in Gravy		
Mashed Potatoes		Creamed Onions	
Coffee	Radishes	Bread	Butter
Prune Fluff		Custard Sauce	

JUNE 22

Lunch

Creamed Cod Fish		Baked Potatoes
Bread	Watercress and Cottage Cheese Salad	Iced Tea
	Butter	
	Sliced Oranges and Coconut	

Dinner

Beefstew		Potato Puff
Beet Greens	Tomato and Onion Salad	Creamed Carrots
Milk	Butter	Bread
	Strawberry Short Cake	

JUNE 23

Lunch

Fried Soft Crabs	—or—	Cheese Soufflé
Hash Brown Potatoes		Radishes
Bread	Butter	Iced Tea
	Creamed Rice with Dates	Cream

Dinner

Pork Tenderloin		Mashed Potatoes
Gravy	Buttered Beets	Creamed Peas
Bread	Butter	Green Onions
Black Raspberries		Cream

JUNE 24

Lunch

Cream of Pea Soup		Croustons
Italian Spaghetti		Waldorf Salad
Bread	Butter	Iced Tea

Dinner

Liver and Bacon		Creamed Potatoes
Spinach	Tomato Salad	Bread
Butter	Milk	
Cherry Pudding		Radishes
		Sauce

WHAT SHALL WE HAVE FOR DINNER?

JUNE 25

Lunch

Fish Chowder		Scalloped Corn
Beet and Cabbage Salad		Dill Pickles
Bread		Butter
Strawberries and Cream		

Dinner

Salmon Loaf		Buttered Potatoes
Creamed Carrots		Buttered String Beans
Bread	Butter	Iced Tea
Chocolate Custard		Cream

JUNE 26

Lunch

Vegetable Soup		Saltines
Tomato and Egg Salad		Graham Muffins
Cherry Sauce		Butter

Dinner

Lamb Chops		Mashed Potatoes
Creamed Cabbage		Lettuce Salad
Bread	Butter	Radishes
Banana Cream Pie		

JUNE 27. (Sunday)

Dinner

Chicken Pie		Mashed Potatoes
Spinach	Creamed Asparagus	Bread
Spiced Currants	Butter	Coffee
Vanilla Ice Cream	Chocolate Sauce	Saltines

Supper

Salted Peanuts	Welsh Rarebit on Toast	Lemonade
	Lettuce Salad	
	Cocoanut Cake	

JUNE 28

Lunch

Chicken Soup with Rice		Saltines
Egg, Olive and Potato Salad		Bread
Butter	Strawberry Jam	

Dinner

Swiss Steak	Fried Onions	Mashed Potatoes
Beet Greens		Sliced Tomatoes
Bread		Butter
Cornstarch Pudding with Crushed Black Raspberries		Cream

THE AMERICAN HOME DIET, OR

JUNE 29

Lunch

Potato Cakes	Kipperd Herring or Creamed Tuna Fish
Banana and Nut Salad	White Muffins
Butter	Rhubarb Sauce

Dinner

Baked Ham	Glazed Sweet Potatoes
Creamed Onions	Lettuce Salad
Bread	Butter
Orange Custard	Cream
	Iced Tea

JUNE 30

Lunch

Rice and Cheese Croquettes with Tomato Sauce	
Cole Slaw	
Butter	Milk
Pineapple Fritters	Sauce

Dinner

Cold Ham	Creamed Potatoes
Spinach	Buttered Beets
Bread	Coffee
Currant Pie	Cheese

JULY 1 (Thursday)

Lunch

Creamed Ham on Toast	Macaroni and Cheese
Vegetable Salad (left-overs)	Bread
Iced Tea	Butter
Baked Apple	Cream

Dinner

Stuffed Beef Heart	Mashed Potatoes
Creamed Carrots	Cucumber and Onion Salad
Bread	Butter
Chocolate Bread Pudding	Hard Sauce

JULY 2

Lunch

Creamed Finnan Haddie or Cod Fish	
Baked Potatoes	Tomato Salad
Bread	Milk
Black Raspberries	Cream

Dinner

Broiled White Fish	Lemon Sauce
Baked Stuffed Potatoes	Beet Greens
Bread	Iced Tea
Butter	
Jello with Custard Sauce	

WHAT SHALL WE HAVE FOR DINNER?

JULY 3

Lunch

Cream of Tomato Soup		Saltines
Deviled Eggs	Cole Slaw	Potato Chips
Baking Powder Biscuits		Honey

Dinner

Breaded Pork Chops		Mashed Potatoes
Swiss Chard		Sliced Tomatoes
Buttered String Beans	Bread	Butter
Cherry Pie	Cheese	Coffee

JULY 4 (Sunday)

Dinner

Fried Spring Chicken		Mashed Potatoes
Creamed Asparagus	Olives	Radishes
Milk Gravy	Cucumber Salad	
Bread	Butter	Coffee or Iced Tea
	Strawberry Ice Cream	
	Devil's Food Cake	

Supper

	Creamed Sweet Breads on Toast	
Pineapple Salad		Cheese Crackers
Lemonade		Cake

JULY 5

Lunch

Cream of Asparagus Soup		Saltines
Italian Spaghetti		Cabbage and Nut Salad
White Muffins		Butter

Dinner

Beef Birds		Creamed Potatoes
Spinach		Buttered Beets
Bread	Butter	Iced Tea
	Cantaloupe	

JULY 6

Lunch

Vegetable Soup		Saltines
Butter	Lettuce and Cottage Cheese Salad	Bread
	Strawberries	Cream

Dinner

Hamburger Layer		Baked Potatoes
Turnip Greens	or Swiss Chard	Creamed Onions
Bread	Butter	Coffee
Date Pudding		Whipped Cream

THE AMERICAN HOME DIET, OR

JULY 7

Lunch

Cole Slaw Lima Beans in Casserole Butter
 Bread Sauce
 Banana Fritters

Dinner

Breaded Veal Cutlets Mashed Potatoes
 Creamed Peas Lettuce Salad Iced Tea
 Butter
 Watermelon

JULY 8

Lunch

Mustard Sardines Potato Cakes
 Stuffed Green Peppers Milk
 Honey Baking Powder Biscuits

Dinner

Rice and Meat in Casserole Dill Pickles
 Spinach with Bacon Creamed String Beans
 Bread Butter Coffee
 Washington Cream Pie

JULY 9

Lunch

Hash Brown Potatoes Corn Chowder
 Catsup Bread Codfish Cakes or Frankfurters
 Blackberries Cream Butter

Dinner

Baked Black Bass or Fried Perch
 Creamed Potatoes Swiss Chard
 Tomato Salad Bread Butter
 Cornstarch Pudding with Crushed Fresh Strawberries and Cream
 Iced Tea

JULY 10

Lunch

Potato Salad Cole Slaw
 Bread Butter Milk
 Blue Plums or Apple Sauce Cream

Dinner

Swiss Steak Mashed Potatoes
 Beet Greens Tomato and Cucumber Salad
 Bread Butter Iced Tea
 Saltines Banana Custard Cream

WHAT SHALL WE HAVE FOR DINNER?

JULY 11. (Sunday)

Dinner

Roast Lamb	Brown Potatoes	Gravy
Summer Squash		
Lettuce Salad	Mint Sauce	Creamed Onions
Pineapple Sherbet		Coffee or Iced Tea
		Saltines

Supper

Fruit Salad		Nut-bread
Butter	Iced Chocolate	Salted Peanuts
	Sponge Cake	

JULY 12

Lunch

Cream of Tomato Soup		Croûtons
Stuffed Egg Salad		Potato Cakes
Bread		

Dinner

Lamb Croquettes		Mashed Potatoes
Creamed Carrots		Tomato Salad
Bread	Butter	Coffee
Huckleberry Roll		Sauce
		Milk

JULY 13

Lunch

Fish and Macaroni		Cole Slaw
Bread	Butter	Iced Tea
Black Raspberries		Cream

Dinner

Broiled Ham		Mashed Potatoes
Milk Gravy		Buttered String Beans
Bread	Spinach	Butter
Brown Betty		Creamy Sauce

JULY 14

Lunch

Vegetable Chowder		Saltines
Banana and Nut Salad		Milk
Baking Powder Biscuits	Butter	Honey

Dinner

Boiled Tongue	Tomato Sauce	Baked Potatoes
Creamed Cabbage	Green Onions	Radishes
Bread	Butter	Iced Tea
Caramel Custard		Cream

THE AMERICAN HOME DIET, OR

JULY 15

Lunch

Cream of Potato Soup
Tomato and Egg Salad
Apple Fritters

Saltines
Bread Butter
Sauce

Dinner

Cold Tongue
Turnip Greens
Bread
Iced Tea

Creamed Potatoes
Buttered Beets
Sliced Cucumbers
Lemon Pie

JULY 16

Lunch

Creamed Tuna Fish
Cabbage and Nut Salad

Boiled Rice
Bread Butter

Watermelon
Iced Tea

Dinner

Fried Perch
Spinach with Egg
Bread
Cherry Pudding

Mashed Potatoes
Creamed String Beans
Iced Tea
Sauce

JULY 17

Lunch

Vegetable Soup
Cottage Cheese and Nut Salad
Butter
Cup Cake

Milk

Saltines
Fried Tomatoes
Bread
Foamy Sauce

Dinner

Liver and Bacon
Beet Greens
Bread
Sliced Peaches

Cream

French Fried Potatoes
Buttered Turnips
Butter
Oatmeal Cookies

JULY 18. (Sunday)

Dinner

Beef Birds
Creamed Lima Beans
Bread
Vanilla Ice Cream

Swiss Chard
Butter
Saltines

Mashed Potatoes
Tomato Salad
Coffee
Chocolate Sauce

Supper

Bread
Shrimp Salad or Canned Salmon
White Layer Cake

Butter

Iced Chocolate
Olives

WHAT SHALL WE HAVE FOR DINNER?

JULY 19

Lunch

Rice and Cheese Croquettes with	Tomato Sauce
Cole Slaw	Banana and Nut Salad
White Muffins	Butter
Orange Marmalade	

Dinner

Fricassee of Veal	Potato Puff
Succotash	Turnip Greens
Butter	Sliced Cucumbers
Peach Short Cake	Bread

JULY 20

Lunch

Waldorf Salad	Scalloped Potatoes
Bread	Butter
Black Raspberries	Cream
	Milk

Dinner

Casserole Rice and Veal	Tomato Sauce
Spinach	Creamed Onions
Butter	Radishes
Apple Pie	Cheese
	Coffee

JULY 21

Lunch

Fried Tomatoes	Fish Chowder
Bread	Butter
	Watermelon
	Scalloped Cabbage
	Strawberry Jam

Dinner

Pork Tenderloin	Glazed Sweet Potatoes
Corn on Cob	Milk Gravy
Butter	Iced Tea
	Grapefruit
	Beet Greens
	Bread

JULY 22

Lunch

Italian Spaghetti	Cabbage and Nut Salad
Graham Muffins	Butter
Sliced Peaches	Cream
	Iced Tea

Dinner

Stuffed Round Steak	Buttered Potatoes
Creamed Carrots	Cucumber Salad
Bread	Iced Tea
Chocolate Soufflé	Creamy Sauce
	Butter

THE AMERICAN HOME DIET, OR

JULY 23

Lunch

Butter	Egg, Olive and Potato Salad	Cranberry Jelly
	Bread	
	Baked Apple Stuffed with Raisins	
Spiced Cookies		Cream

Dinner

Salmon Cutlets	Corn on Cob	Mashed Potatoes
Spinach	Coffee	Bread
Butter		Milk
Huckleberry Pie		Cheese

JULY 24

Lunch

Vegetable Soup	Waldorf Salad	Saltines
Graham Muffins	Butter	Milk
	Watermelon	

Dinner

Meat Pie	Baked Sweet Potatoes	
Creamed Turnips	Lettuce Salad	Succotash
Bread	Butter	Iced Tea
	Spanish Cream	

JULY 25. (Sunday)

Dinner

Fried Chicken	Milk Gravy	Mashed Potatoes
Beet Greens	Butter	Sliced Tomatoes
Bread		Coffee
	Cantaloupe and Ice Cream	

Supper

Welsh Rarebit		Toast
Grapefruit and Celery Salad		Iced Chocolate
	Devil's Food Cake	

JULY 26

Lunch

Cream of Potato Soup		Saltines
Stuffed Egg Plant		Cole Slaw
Bread		Butter

Dinner

Hamburger Layer	Swiss Chard	Creamed Potatoes
Corn on Cob	Dill Pickles	Bread
Butter	Peach Short Cake	Iced Tea

WHAT SHALL WE HAVE FOR DINNER?

JULY 27

Lunch

Cream of Corn Soup		Saltines
Stuffed Green Peppers		Potato Cakes
Bread	Butter	Iced Tea
Blue Plums or Red	Raspberries	Cream

Dinner

Lamb Chops		Mashed Potatoes
Creamed Onions		Sliced Tomatoes
Bread	Butter	Iced Tea
	Banana Cream Pie	

JULY 28

Lunch

Cream of Tomato Soup		Croûtons
	Macaroni and Cheese	
Bread	Butter	Milk
	Sliced Peaches	Cream

Dinner

	Veal Stew with Dumplings	
Spinach with Egg	Corn on Cob	Fried Egg Plant
Bread	Butter	Iced Tea
	Huckleberry Roll	Sauce

JULY 29

Lunch

Potato Salad		Deviled Eggs
Cole Slaw	Milk	Butter
	Baking Powder Biscuits	Honey

Dinner

Beef Birds		Creamed Potatoes
Beet Greens		Squash
Bread	Butter	Olives
	Cantaloupe	Iced Tea

JULY 30

Codfish Cakes		Hashed Brown Potatoes
Catsup		Cucumber and Onion Salad
Bread	Butter	Iced Tea
	Apple Fritters	Sauce

Dinner

	Broiled Halibut	
Mashed Potatoes	Tomato Salad	Creamed String Beans
Bread		Butter
	Watermelon	Iced Tea

THE AMERICAN HOME DIET, OR

JULY 31

Lunch

Creamed Dried Beef
Lettuce Salad
Iced Tea

Bread
Brown Betty

Baked Potatoes
Butter
Foamy Sauce

Dinner

Broiled Ham
Spinach
Bread

Milk Gravy
Butter
Peach Custard

Mashed Potatoes
Corn on Cob
Iced Tea

AUGUST 1. (Sunday)

Dinner

Roast Veal
Creamed Cauliflower
Sliced Tomatoes

Gravy
Bread

Mashed Potatoes
Olives
Butter

Vanilla Ice Cream

Coffee
Saltines

Caramel Sauce

Supper

Tuna Fish Salad
Nut-bread
Lemonade

Potato Chips
Butter
Salted Peanuts

AUGUST 2

Lunch

Potato Cakes

Sliced Cucumbers and Onions

Mustard Sardines

Bread

Pineapple Salad

Butter
Cheese Crackers

Dinner

Casserole Rice and Veal

Buttered Turnips

Tomato Sauce

Beet Greens or Swiss Chard

Bread

Butter
Chocolate Pie

Corn on Cob
Iced Tea

AUGUST 3

Lunch

Banana and Nut Salad
Butter

Fish Chowder

Cornmeal Muffins
Syrup

Sliced Peaches and Cream

Dinner

Swiss Steak
Fried Onions
Bread

Butter

Watermelon

Mashed Potatoes
Creamed Carrots and Peas
Iced Tea

WHAT SHALL WE HAVE FOR DINNER?

AUGUST 4

Lunch

Vegetable Soup		Saltines
Rice and Cheese Croquettes		Tomato Sauce
Bread	Butter	Milk
	Fresh Pears or Plums	

Dinner

Breaded Pork Chops	Glazed Sweet Potatoes
Spinach	Fried Egg Plant
Butter	Raised Biscuits
Iced Tea	Sliced Cucumbers
Cantaloupe	

AUGUST 5

Lunch

Tomato and Egg Salad	Peanut Butter Sandwiches
Lettuce Sandwiches	Cheese Sandwiches
Sliced Peaches	Creamed Lima Beans
	Cream
	Saltines

Dinner

Stuffed Beef Heart	Buttered Potatoes
Turnip Greens or Swiss Chard	Corn on Cob
Bread	Milk
Butter	Spiced Currants
Watermelon	

AUGUST 6

Lunch

Creamed Peas on Toast	Cole Slaw
Fried Sweet Potatoes	Butter
Pears	Bread
	Oatmeal Cookies

Dinner

Salmon Loaf	Creamed Potatoes
Creamed Cauliflower	Sliced Tomatoes
Buttered String Beans	Bread
Iced Tea	Butter
	Cantaloupe

AUGUST 7

Lunch

Cream of Tomato Soup	Croûtons
Scalloped Corn	Waldorf Salad
Bread	Rhubarb Conserve

Dinner

Liver and Bacon	Mashed Potatoes
Spinach	Bread
Butter	Iced Tea
Caramel Custard	Cream
	Buttered Beets
	Lettuce Salad

THE AMERICAN HOME DIET, OR

AUGUST 8. (Sunday)

Dinner		
Roast Chicken	Stuffing	Mashed Potatoes
Gravy	Corn on Cob	Lettuce Salad
Bread	Butter	Coffee
Chocolate Ice Cream	Angel Food Cake or Layer Cake	
Supper		
Deviled Egg Salad		Nut-bread
Lemonade	Butter Cake	Sliced Tomatoes

AUGUST 9

Lunch		
Baked Beans	Chicken Soup with Noodles	Cabbage and Nut Salad
Bread	Butter	Milk
	Blue Plums	
Dinner		
Boiled Tongue	Baked Potatoes	
Tomato Sauce	Creamed Turnips	
Beet Greens	Bread	Butter
Peach Short Cake	Iced Tea	

AUGUST

Lunch		
Stuffed Egg Plant		Cucumber Salad
White Muffins	Butter	Iced Tea
Baked Apple		Cream
Dinner		
Cold Tongue	Creamed Potatoes	
Creamed Cauliflower	Tomato Salad	
Bread	Butter	Lemonade
	Watermelon	

AUGUST 11

Lunch		
Stuffed Green Peppers		Scalloped Potatoes
Waldorf Salad	Bread	Butter
	Iced Tea	
Dinner		
Casserole Rice and Meat	Tomato Sauce	
Creamed Carrots and Peas	Turnip Greens	
Bread	Butter	Iced Tea
	Lemon Pie	

WHAT SHALL WE HAVE FOR DINNER?

AUGUST 12

Lunch

Boiled Rice	Cheese Sauce
Cottage Cheese Salad	Bread Butter
Sliced Oranges and	Cocoanut

Dinner

Lamb Chops	Mashed Potatoes
Corn on Cob	Creamed String Beans
Bread	Butter Iced Tea
Lemon Sherbet or Tapioca Cream	Sugar Cookies

AUGUST 13

Lunch

Cream of Pea Soup	Croûtons
Cheese Soufflé	Grapefruit and Celery Salad
Bread	Butter Iced Tea

Dinner

Baked Trout	Egg Sauce	Mashed Potatoes
Summer Squash		Spinach
Bread	Butter	Milk
Cantaloupe or Huckleberry Roll		Vanilla Sauce

AUGUST 14

Lunch

Potato Puff	Kipperd Herring or Frankfurters
Catsup	Cole Slaw
Bread	Butter Iced Tea
Sliced Peaches	Cream

Dinner

Broiled Ham	Buttered Potatoes
Milk Gravy	Creamed String Beans
Bread	Butter Iced Tea
Swiss Chard	
Jello with Custard Sauce	

AUGUST 15. (Sunday)

Dinner

Veal Cutlets in Casserole	Mashed Potatoes
Creamed Cauliflower	Tomato Salad
Bread	Coffee
Butter	Celery
Peach Sherbet	Saltines

Supper

Shrimp Salad or Salmon and Orange Salad	
Potato Chips	Olives
	Cocoanut Cake
	Iced Chocolate

THE AMERICAN HOME DIET, OR

AUGUST 16

Lunch

Cream of Tomato Soup
Egg, Olive and Potato Salad
Cantaloupe
Bread
Croûtons
Milk
Butter

Dinner

Mashed Potatoes
Bread
Creamed Veal in Pastry Cups
Lettuce Salad
Butter
Banana Cream Pie
Beet Greens
Iced Tea

AUGUST 17

Lunch

Macaroni and Cheese
Cole Slaw
Bread
Watermelon
Fried Tomatoes
Butter
Milk

Dinner

Swiss Steak
Fried Onions
Bread
Butter
Peach Shortcake
Creamed Potatoes
Buttered String Beans
Iced Tea

AUGUST 18

Lunch

Italian Spaghetti
Waldorf Salad
Bread
Creamed Lima Beans
Butter
Milk

Dinner

Meat Pie
Turnip Greens
Bread
Date Pudding
Butter
Glazed Sweet Potatoes
Cucumber and Onion Salad
Iced Tea
Whipped Cream

AUGUST 19

Lunch

Vegetable Soup
Graham Muffins
Scalloped Cabbage
Lettuce Salad
Cantaloupe or Pears
Saltines
Butter

Dinner

Breaded Pork Chops
Sauer Kraut
Iced Tea
Pineapple Sherbet or Pineapple Whip
Bread
Mashed Potatoes
Sliced Tomatoes
Butter
Cream

WHAT SHALL WE HAVE FOR DINNER?

AUGUST 20

Lunch

Creamed Tuna Fish Boiled Rice
Waldorf Salad Bread Butter Cucumber Pickles
Blue Plums

Dinner

Salmon Croquettes Creamed Peas
Creamed Celery Spinach
Bread Butter Iced Tea
Chocolate Soufflé Foamy Sauce

AUGUST 21

Lunch

Corn Chowder Tomato Salad
Bread Butter Iced Tea
Baked Apple Stuffed with Raisins Cream

Dinner

Stuffed Round Steak Mashed Potatoes
Creamed Carrots Celery Bread
Butter Iced Tea Milk
Lemon Pie

AUGUST 22. (Sunday)

Dinner

Fricassee of Chicken Mashed Potatoes
Swiss Chard Creamed Turnips Olives
Bread Cucumber Salad Butter
Vanilla Ice Cream Sliced Peaches
Coffee Saltines

Supper

Welsh Rarebit on Toast
Grapefruit and Celery Salad Bread
Butter Salted Peanuts
Lemonade Oatmeal Cookies

AUGUST 23

Lunch

Potatoes and Cheese Croquettes with Tomato Sauce
Cabbage and Nut Salad
Bread Butter Milk
Cantaloupe

Dinner

Chicken Soup with Rice Saltines
Glazed Sweet Potatoes Cucumber Salad Stuffed Egg Plant
Creamed Onions Bread Butter
Iced Tea Milk
Cherry Pudding Sauce

THE AMERICAN HOME DIET, OR

AUGUST 24

Lunch

Egg, Olive and Potato Salad Bread
Butter Sliced Cucumbers and Tomatoes
Banana Fritters Sauce Lemonade

Dinner

Pork Tenderloin Mashed Potatoes
Milk Gravy Turnip Greens Cole Slaw
Bread Butter Iced Tea
Peach Short Cake

AUGUST 25

Lunch

Cheese Soufflé Potato Cakes
Dill Pickles Lettuce Salad Baking Powder Biscuits
Honey Milk

Dinner

Hamburger Layer Creamed Potatoes
Spinach Buttered Beets Bread
Butter Iced Tea
Huckleberry Roll Vanilla Sauce

AUGUST 26

Lunch

Stuffed Egg Plant Creamed Lima Beans
Bread Cucumber and Onion Salad Butter
Watermelon

Dinner

Lamb Chops Baked Potatoes
Swiss Chard Buttered Turnips
Bread Butter Milk Iced Tea
Orange Custard Cookies

AUGUST 27

Lunch

Tuna Fish Salad Corn Bread
Butter Syrup Milk Iced Tea
Caramel Custard Saltines

Dinner

Fried Rock Fish Glazed Sweet Potatoes
Spinach with Egg Lettuce Salad Stewed Tomatoes
Bread Butter Spiced Currants
Peaches and Blue Plums

WHAT SHALL WE HAVE FOR DINNER?

AUGUST 28

Lunch

Baked Beans	Vegetable Chowder	Cole Slaw
Bread	Butter	Milk
	Cantaloupe or Pears	

Dinner

Broiled Ham	Mashed Potatoes
Milk Gravy	Swiss Chard
Sliced Tomatoes	Bread
Peach Short Cake	Iced Tea
	Butter

AUGUST 29. (Sunday)

Dinner

Veal Birds	Mashed Potatoes
Creamed Cauliflower	Corn on Cob
Spiced Peaches	Butter
Chocolate Ice Cream	Oatmeal Cookies
Bread	

Supper

Potato Salad	Nut-Bread	Butter
Lemonade	Salted Peanuts	
	Watermelon	

AUGUST 30

Lunch

Potato Puff	Mustard Sardines or Frankfurters
Tomato and Cucumber Salad	Bread
Butter	Iced Chocolate

Grapes

Dinner

Pot Roast	Brown Potatoes	Gravy
Spinach	Buttered Beets	Butter
	Iced Tea	Milk
Prune Fluff	Saltines	Custard Sauce

AUGUST 31

Lunch

Cream of Spinach Soup	Saltines
Italian Spaghetti	Lettuce Salad
Bread	Butter
Baked Apple	Iced Tea
	Cream

Dinner

Pot Roast Reheated in Gravy	Mashed Potatoes
Creamed Onions	Cucumber Pickles
Bread	Iced Tea
Raisin Pie	Cheese
Butter	
Coffee	
Milk	

THE AMERICAN HOME DIET, OR

SEPTEMBER 1 (Wednesday)

Lunch		
Baked Sweet Potatoes	Creamed Tuna Fish	
Fried Tomatoes	Butter	Milk
Bread	Grapes	
Dinner		
Liver and Bacon	Creamed Potatoes	
Swiss Chard	Buttered Turnips	
Chow-Chow	Butter	
Peach Sherbet	Peach Short Cake	
	Bread or Iced Tea	

SEPTEMBER 2

Lunch		
Stuffed Egg Plant	Scalloped Corn	
Milk	Butter	Honey
	Baking Powder Biscuits	
	Cantaloupe	
Dinner		
Meat Loaf	Mashed Potatoes	
Beet Greens	Cabbage Salad	
Bread	Iced Tea	
Brown Betty	Foamy Sauce	
	Gravy Butter	

SEPTEMBER 3

Lunch		
	Fish Chowder	
Tomato and Egg Salad		Cornmeal Muffins
Butter		Rhubarb Conserve
Dinner		
Baked Stuffed Haddock		Egg Sauce
Boiled Sweet Potatoes		Creamed Onions
Milk	Bread	Coffee
	Butter	
	Banana Cream Pie	

SEPTEMBER 4

Lunch		
Creamed Dried Beef		Fried Sweet Potatoes
		or Boiled Rice
Cole Slaw	Bread	Butter
Sliced Peaches		Cream
Dinner		
Pork Tenderloin		Mashed Potatoes
Turnip Greens	Lettuce Salad	Fried Egg Plant
Milk Gravy	Bread	Butter
Watermelon		Iced Tea

WHAT SHALL WE HAVE FOR DINNER?

SEPTEMBER 5. (Sunday)

Dinner

Roast Lamb	Mashed Potatoes	Gravy
Mint Sauce	Swiss Chard	Sliced Tomatoes
Bread	Butter	Coffee
Chocolate Ice Cream		Saltines

Supper

Shrimp or Salmon Salad	Chocolate	Potato Chips
Nut-bread	Plums and Apples	Marshmallows

SEPTEMBER 6

Lunch

Cream of Tomato Soup		Croûtons
Scalloped Cabbage		Spiced Peaches
Bread	Butter	Milk
Brown Betty		Hard Sauce

Dinner

Lamb Reheated in Gravy	Baked Sweet Potatoes	
Creamed Celery	Bread	Butter
Apple Pie	Turnip Greens	Coffee
	Cheese	

SEPTEMBER 7

Lunch

Fish and Macaroni		Cabbage Salad
White Muffins	Butter	Milk
Baked Apple Stuffed with Raisins		Cream

Dinner

Swiss Steak		Mashed Potatoes
Fried Onions	Cucumber Salad	Spinach
Bread	Butter	Iced Tea
Peach Short Cake		Whipped Cream

SEPTEMBER 8

Lunch

Vegetable Soup		Saltines
Fried Egg Plant		Creamed Lima Beans
Bread	Butter	Milk
	Watermelon	

Dinner

Meat Pie		Boiled Sweet Potatoes
Turnip Greens		Tomato Salad
Bread	Butter	Coffee
Grapefruit and Celery	Salad	Cheese Crackers

THE AMERICAN HOME DIET, OR

SEPTEMBER 9

Lunch

Cream of Celery Soup	Saltines
Baked Beans	Steamed Brown Bread
Cole Slaw	Milk
Butter	
Grapes	

Dinner

Boiled Tongue	Baked Potatoes
Tomato Sauce	Lettuce Salad
Raised Biscuits	Coffee
Creamed Onions	
Butter	
Banana Custard	

SEPTEMBER 10

Lunch

Creamed Codfish	Boiled Rice
Cabbage and Celery Salad	Butter
Cantaloupe	
	Bread
	Iced Tea

Dinner

Salmon Cutlets	Tomato Sauce
Mashed Potatoes	Swiss Chard
Bread	Milk
Butter	
Huckleberry Roll	Sauce

SEPTEMBER 11

Lunch

Potato Puff	Pickled Pigs Feet or Mustard Sardines
Banana and Nut Salad	Celery
Cinnamon Rolls	Milk

Dinner

Breaded Pork Chops	Mashed Potatoes
Boiled Cabbage with Dressing	Buttered Beets
Butter	Coffee
Bread	
Sliced Peaches	Cream

SEPTEMBER 12. (Sunday)

Dinner

Fricassee of Chicken	Mashed Potatoes
Creamed Cauliflower	Sliced Tomatoes
Swiss Chard	Coffee
Bread	
Vanilla Ice Cream	Chocolate Sauce
Saltines	

Supper

Soft Boiled Eggs	Bread
Grapefruit and Celery Salad	Butter
Devil's Food Cake	Lemonade

WHAT SHALL WE HAVE FOR DINNER?

SEPTEMBER 13

Lunch

Creamed Finnan Haddie	Chicken Soup with Noodles	Boiled Sweet Potatoes
Bread	Butter	Milk
Baked Apple		Cream

Dinner

Stuffed Round Steak		Mashed Potatoes
Kale or Turnip Greens		Creamed Carrots
Bread	Butter	Cucumber Pickles
	Cantaloupe	

SEPTEMBER 14

Lunch

Scrambled Eggs and Dried Beef		Fried Sweet Potatoes
Cole Slaw		Baking Powder Biscuits
Honey	Butter	Tea

Dinner

	Veal Stew with Dumplings	
Creamed Lima Beans		Sliced Tomatoes
Bread	Butter	Milk
Chocolate Soufflé		Foamy Sauce
		Coffee

SEPTEMBER 15

Lunch

	Rice and Cheese Croquettes with Tomato Sauce	
Fried Egg Plant	Bread	Butter
Banana Fritters		Sauce

Dinner

Baked Ham		Glazed Sweet Potatoes
Spinach		Buttered Beets
Bread	Butter	Spiced Currants
Jello with Custard Sauce		Saltines

SEPTEMBER 16

Lunch

Mexican Beans		Waldorf Salad
White Muffins	Butter	Milk
	Black Raspberry Jam	

Dinner

Cold Ham		Mashed Potatoes
Kale or Turnip Greens	Buttered Parsnips	Chili Sauce
Bread	Butter	Coffee
Bread Pudding		Oatmeal Cookies

THE AMERICAN HOME DIET, OR

SEPTEMBER 17

Lunch

Kippered Herring or Tuna Fish Salad
 Scalloped Potatoes Bread Butter
 Sliced Peaches Cream Oatmeal Cookies

Dinner

Broiled Trout Creamed Potatoes
 Creamed Onions Tomato and Onion Salad
 Bread Butter Milk
 Caramel Custard Whipped Cream

SEPTEMBER 18

Lunch

Vegetable Soup
 Potato Puff Creamed Ham
 Bread Butter Milk Tea
 Grapes or Pears

Dinner

Beef Birds Baked Sweet Potatoes
 Milk Gravy Chili Sauce
 Bread Butter Coffee
 Creamed Rice with Dates Cream

SEPTEMBER 19. (Sunday)

Dinner

Veal Cutlets in Casserole Mashed Potatoes
 Creamed Cauliflower Celery Spinach
 Bread Butter Coffee
 Date Pudding Foamy Sauce

Supper

Egg, Olive and Potato Salad
 Salted Peanuts Nut-bread Butter
 Chocolate Grapefruit

SEPTEMBER 20

Lunch

Cream of Celery Soup Saltines
 Fried Tomatoes
 Bread Butter Milk
 Banana and Nut Salad

Dinner

Casserole Rice and Veal Tomato Sauce
 Spinach with Egg
 Bread Summer Squash Cole Slaw
 Butter Milk Coffee
 Chocolate Pie

WHAT SHALL WE HAVE FOR DINNER?

SEPTEMBER 21

Lunch

Creamed Dried Beef
Sliced Cucumbers and Onions
Honey

Baked Potatoes
Baking Powder Biscuits
Butter

Dinner

Pork Chops
Kale
Buttered Beets
Milk
Grapefruit and Celery
Cheese Crackers
Boiled Sweet Potatoes
Bread
Butter
Coffee

SEPTEMBER 22

Lunch

Fish Chowder
Stuffed Green Peppers
Butter
Bread
Cabbage and Nut Salad
Grapes

Dinner

Stuffed Beef Heart
Creamed Celery
Bread
Brown Betty
Butter
Hard Sauce
Mashed Potatoes
Spinach
Milk

SEPTEMBER 23

Lunch

Cheese Soufflé
Bread
Doughnuts
Lettuce and Tomato Salad
Butter
Coffee
Fried Sweet Potatoes
Milk

Dinner

Lamb Chops
Kale or Swiss Chard
Bread
Spanish Cream
Celery
Creamed Potatoes
Currant Jelly
Butter
Cookies

SEPTEMBER 24

Lunch

Salmon Croquettes
Waldorf Salad
Bread
Milk
Creamed Peas
Butter

Dinner

Baked Trout
Bread
Creamed Lima Beans
Apple Dumpling
Egg Sauce
Butter
Foamy Sauce
Mashed Potatoes
Cole Slaw
Coffee

THE AMERICAN HOME DIET, OR

SEPTEMBER 25

Lunch

Cream of Pea Soup Croûtons
Baked Beans Catsup Bread Butter
French Toast Syrup

Dinner

Meat Pie Creamed Brussel Sprouts
Buttered Beets Bread Butter
Milk Lemon Pie Coffee

SEPTEMBER 26. (Sunday)

Dinner

Broiled Steak Mashed Potatoes
Celery Kale Creamed Cauliflower
Bread Butter Olives Coffee
Chocolate Ice Cream Saltines

Supper

Welsh Rarebit on Toast
Grapefruit and Celery Salad Nut-bread
Chocolate Butter Marshmallows

SEPTEMBER 27

Lunch

Vegetable Chowder Saltines
Scalloped Potatoes Mustard Sardines
Bread Butter Milk Apple Jelly

Dinner

Boiled Tongue Tomato Sauce Mashed Potatoes
Turnip Greens Fried Parsnips Bread
Butter Milk Coffee
Tapioca Cream Sugar Cookies

SEPTEMBER 28

Lunch

Cream of Potato Soup Saltines
Macaroni and Dried Beef Bread Butter
Apple Sauce Cream

Dinner

Cold Tongue Creamed Potatoes
Brussel Sprouts with Bacon Chili Sauce
Raised Biscuits Butter Milk Coffee
Caramel Pie or Banana Cream Pie

WHAT SHALL WE HAVE FOR DINNER?

SEPTEMBER 29

Lunch

Hash Brown Potatoes	Rhubarb Conserve	Cole Slaw
White Muffins	Butter	Milk
Sliced Oranges and Cocoanut	Sugar Cookies	

Dinner

Beef Birds	Kale	Baked Sweet Potatoes
Creamed Carrots	Saltines	Bread
Prune Whip		Butter
		Custard Sauce

SEPTEMBER 30

Lunch

Italian Spaghetti		Waldorf Salad
Baking Powder Biscuits	Butter	Honey

Dinner

Lamb Stew with Dumplings		Mashed Potatoes
Cabbage and Celery Salad		Creamed Peas
Bread	Butter	Milk
Apple Pie		Cheese
		Coffee

OCTOBER 1. (Friday)

Lunch

Lima Beans in Casserole		Stuffed Green Peppers
Bread	Butter	Cabbage and Apple Salad
	Grapes	
Tea		Milk

Dinner

Salmon Loaf		Creamed Potatoes
Swiss Chard		Creamed Turnips
Bread	Butter	Dill Pickles
Cherry Pudding		Sauce

OCTOBER 2

Lunch

Creamed Dried Beef		Boiled Rice or Sweet Potatoes
Cabbage and Celery Salad		Bread
	Apple Jelly	Butter

Dinner

Swiss Steak		Mashed Potatoes
Fried Onions	Kale	Sliced Tomatoes
Bread	Butter	Milk
Creamed Rice with Dates		Coffee
		Cream

THE AMERICAN HOME DIET, OR

OCTOBER 3. (Sunday)

Dinner

Roast Chicken Stuffing Mashed Potatoes
 Creamed Brussel Sprouts with Celery
Gravy Currant Jelly Bread Butter
 Vanilla Ice Cream Chocolate Sauce
 Coffee Saltines

Supper

Chicken Salad			
		Sandwiches	{ Lettuce
			{ Date
			{ Pimento Cheese
Chocolate		Cocoanut Cake	

OCTOBER 4

Lunch

Chicken Soup with Rice	Saltines
Fried Sweet Potatoes	Vegetable Salad
Butter	Carrot Marmalade
Cornmeal Muffins	

Dinner

Mutton Chops Mashed Potatoes
Creamed Onions Cole Slaw Buttered Beets
Bread Butter Coffee Milk
 Lemon Pie

OCTOBER 5

Lunch

Tomato and Egg Salad	Vegetable Soup			
Butter	Celery		Cantalope	Bread

Dinner

Meat Loaf **Creamed Potatoes**
Fried Parsnips **Turnip Greens with Bacon**
 Bread **Butter** **Coffee**
 Baked Apple Stuffed with Raisins **Cream**

OCTOBER 6

Lunch

	Cream of Pea Soup		Croûtons
	Scalloped Potatoes		Waldorf Salad
Bread		Butter	Rhubarb Conserve

Dinner

Reheated Meat Loaf	Tomato Sauce	Glazed Sweet Potatoes
Creamed Cauliflower		Cole Slaw
Bread		Butter
Chocolate Soufflé		Hard Sauce

WHAT SHALL WE HAVE FOR DINNER?

OCTOBER 7

Lunch

Italian Spaghetti		Cod Fish Cakes
Bread	Butter	Waldorf Salad
Cup Cake		Chocolate Sauce

Dinner

	Mashed Potatoes	
Fricassee of Veal		Turnip Greens
Chili Sauce	Bread	Creamed Parsnips
Prune Whip	Butter	Custard Sauce

OCTOBER 8

Lunch

Mexican Beans		Scalloped Corn
Cucumber Pickles		Grapefruit and Celery Salad
Bread	Butter	Milk

Dinner

Broiled Mackerel		Mashed Potatoes	
Creamed Pickles		Pickled Peaches	Kale
Bread	Butter		Coffee
Bread Pudding			Saltines

OCTOBER 9

Lunch

Creamed Eggs on Toast		Stewed Tomatoes	
Bread	Butter	Coffee	Milk
Sliced Oranges and Cocoanut		Doughnuts	

Dinner

Broiled Ham		Mashed Potatoes	
Swiss Chard		Carrot and Pea Salad	Milk Gravy
Bread	Butter		Coffee
Brown Betty		Cream	

OCTOBER 10 (Sunday)

Dinner

Broiled Steak		Glazed Sweet Potatoes or Mashed Potatoes	
Brussel Sprouts		Creamed Celery	
Horse Radish	Bread	Butter	Coffee
Peach Ice Cream		Saltines	

Supper

Cottage Cheese Salad		Nut Bread	
Chocolate	Cherry Jam	Bread	Butter
Cup Cake		Foamy Sauce	

THE AMERICAN HOME DIET, OR

OCTOBER 11

Lunch

Cream of Potato Soup	Saltines
Macaroni and Cheese	Beet and Cabbage Salad
Bread	Grapes
Butter	

Dinner

Casserole Rice and Meat	Baked Sweet Potatoes
Tomato Sauce	Mixed Pickle
	Kale
	Creamed Turnips
Bread	Butter
Apple Dumpling	Milk
	Creamy Sauce

OCTOBER 12

Lunch

Vegetable Soup	Saltines
Cheese Soufflé	Butter
Baking Powder Biscuits	Honey
	Milk

Dinner

Liver and Bacon	Mashed Potatoes
Swiss Chard	Bread
Cole Slaw	Butter
Banana Custard	Coffee

OCTOBER 13

Lunch

Scalloped Potatoes	Creamed Lima Beans
Dill Pickles	Bread
Pineapple Sauce	Oatmeal Cookies
	Butter

Dinner

Boiled Tongue	Baked Potatoes
Tomato Sauce	Creamed Cauliflower
Celery	Butter
Date Pudding	Whipped Cream
	Coffee

OCTOBER 14

Lunch

Cream of Celery Soup	Saltines
Boiled Rice or Sweet Potatoes	Creamed Dried Beef
Bread	Butter
Cole Slaw	Cream
Baked Apple	

Dinner

Cold Tongue	Creamed Potatoes
Kale or Turnip Greens	Boiled Cabbage with Dressing
Bread	Chili Sauce
	Butter
Lemon Pie	

WHAT SHALL WE HAVE FOR DINNER?

OCTOBER 15

Lunch

Corn Soufflé	Fried Sweet Potatoes	Tea
Pear Salad	Milk	
Graham Muffins	Butter	

Dinner

Salmon Cutlets	Mashed Potatoes	Butter
Creamed Onions	Bread	Milk
Spiced Peaches	Coffee	
Grapefruit and Celery Salad		
Cheese Crackers		

OCTOBER 16

Lunch

Cream of Pea Soup	Croûtons
Stuffed Green Peppers	Banana and Nut Salad
Bread	Milk

Dinner

Stuffed Beef Heart	Mashed Potatoes
Kale or Brussel Sprouts	Sliced Onions and Cucumbers
Bread	Coffee
Brown Betty	Foamy Sauce

OCTOBER 17 (Sunday)

Dinner

Chicken Pie	Glazed Sweet Potatoes
Creamed Celery	Olives
Bread	Beet Pickles
	Coffee
Fruit Jello with Whipped Cream	

Supper

Welsh Rarebit on Toast	Apples
Celery Hearts	Mixed Nuts
Chocolate	Spiced Cookies

OCTOBER 18

Lunch

Chicken Soup with Noodles	Cole Slaw
Hash Brown Potatoes	Syrup
Butter	
Cornmeal Muffins	

Dinner

Beef Birds	Creamed Potatoes
Buttered Beets	Bread
Grapefruit	Coffee
Swiss Chard	Butter

THE AMERICAN HOME DIET, OR

OCTOBER 19

Lunch

Scalloped Corn	Vegetable Soup	Saltines
Bread	Butter	Beet and Cabbage Salad
	Grapes	Milk

Dinner

Pork Tenderloin	Mashed Potatoes
Milk Gravy	Baked Hubbard Squash
Cole Slaw	Butter
Coffee	Bread
	Caramel Custard

OCTOBER 20

Lunch

Rice and Cheese Croquettes with Tomato Sauce
Cottage Cheese Salad
Strawberry Jam
White Muffins
Butter

Dinner

Pot Roast	Brown Potatoes
Gravy	Creamed Carrots
Dill Pickles	Butter
Kale	
Bread	
Creamed Rice with Raisins	
Cream	

OCTOBER 21

Lunch

Cream of Tomato Soup	Saltines
Potato Cakes	Waldorf Salad
Bread	Butter
	Gingerbread
	Coffee
	Milk

Dinner

Pot Roast Reheated in Gravy	Baked Sweet Potatoes
Creamed Brussel Sprouts	Cabbage and Celery Salad
Bread	Butter
Baked Apple Stuffed with Dates	
Cream	

OCTOBER 22

Lunch

Creamed Finnan Haddie	or	Kipperd Herring
Banana and Nut Salad	Boiled Rice or Baked Potatoes	
Honey	Baking Powder Biscuits	
Milk	Tea	Butter

Dinner

Broiled Trout	Lettuce Salad	Mashed Potatoes
Fried Egg Plant	Bread	Egg Sauce
Creamed Onions	Bread Pudding	Butter

WHAT SHALL WE HAVE FOR DINNER?

OCTOBER 23

Lunch

Bread Egg, Olive and Potato Salad Rhubarb Conserve
 Butter Milk
 Sliced Oranges and Cocoanut

Dinner

Meat Pie Creamed Cabbage
 Spinach with Bacon Beet Pickles
 Bread Butter Coffee
 Grapes Apples

OCTOBER 24 (Sunday)

Dinner

Vealed Cutlets in Casserole Mashed Potatoes
 Creamed Turnips Celery Olives
 Bread Butter Milk Tea
 Vanilla Ice Cream Angel Food Cake

Supper

Shrimp or Salmon Salad Cheese Crackers
 Mixed Nuts Chocolate Marshmallows
 Canned Peaches Cream

OCTOBER 25

Lunch

Cream of Potato Soup Saltines
 Lima Beans in Casserole Cole Slaw
 Bread Butter Apple Sauce

Dinner

Rice and Veal Croquettes Tomato Sauce
 Swiss Chard Butterred Beets
 Bread Butter Currant Jelly Coffee
 Cherry Pudding Sauce

OCTOBER 26

Lunch

Macaroni and Dried Beef
 Waldorf Salad Cucumber Pickles
 Cornmeal Muffins Butter Syrup Milk

Dinner

Beef Birds Creamed Potatoes
 Kale Boiled Hubbard Squash Bread Butter
 Spanish Cream Sugar Cookies Coffee

OCTOBER 27

Lunch

Scalloped Potatoes Cabbage and Nut Salad
 Bread Butter Milk Coffee
 Creamed Rice with Dates Cream

Dinner

Stuffed Spare Ribs Mashed Potatoes
 Sauer Kraut Creamed Brussel Sprouts
 Bread Butter Coffee
 Apple Pie Cheese

THE AMERICAN HOME DIET, OR

OCTOBER 28

Lunch

Bread Cream of Corn Soup Stuffed Green Peppers Black Raspberry Sauce Potato Puff Saltines Butter

Dinner

Lamb Chops Creamed Peas Kale Buttered Turnips Milk Tapioca Cream Boiled Sweet Potatoes Bread Coffee

OCTOBER 29

Lunch

Codfish Cakes Bread Butter Banana Fritters Hash Brown Potatoes Catsup Sauce Milk

Dinner

Scalloped Salmon Turnip Greens Bread Cottage Pudding Celery Butter Mashed Potatoes Creamed Onions Coffee Foamy Sauce

OCTOBER 30

Lunch

Vegetable Soup Baked Beans Butter Baked Apple Catsup Milk Cream Saltines Bread

Dinner

Veal Stew Creamed Cabbage Bread Caramel Custard Butter Glazed Sweet Potatoes Lettuce and Onion Salad Coffee Whipped Cream

OCTOBER 31 (Sunday)

Dinner

Roast Chicken Creamed Cauliflower Bread Butter Pineapple Sherbet Spinach Currant Jelly Vanilla Ice Cream Saltines Mashed Potatoes Cabbage and Celery Salad Coffee

Supper

Soft Boiled Eggs Banana and Nut Salad Chocolate Bread Butter Cheese Crackers Coconut Cake

WHAT SHALL WE HAVE FOR DINNER?

NOVEMBER 1 (Monday)

Lunch

Italian Spaghetti Chicken Soup with Noodles Graham Muffins
Butter Milk Rhubarb Conserve

Dinner

Meat Loaf Baked Potatoes Kale
Lettuce Salad
Cucumber Pickles Bread Butter Coffee
Apple Dumpling Foamy Sauce

NOVEMBER 2

Lunch

Bread Potato Puff Creamed Lima Beans
Butter Cole Slaw
French Toast Syrup

Dinner

Reheated Loaf with Tomato Sauce
Mashed Potatoes Turnip Greens or Spinach
Bread Butter Buttered Beets
Chocolate Soufflé Cream

NOVEMBER 3

Lunch

Creamed Tuna Fish Boiled Rice or Sweet Potatoes
Banana and Nut Salad Bread Butter
Cherry Jam or Apple Jelly

Dinner

Corned Beef Boiled Potatoes Carrots Cabbage
Bread Tomato and Onion Salad
Butter Milk Coffee
Lemon Pie

NOVEMBER 4

Lunch

Kidney Bean Salad Cole Slaw
White Muffins Butter Honey
Tea Milk

Dinner

Corn Beef Hash Creamed Potatoes
Lettuce Salad Stewed Tomatoes
Buttered Turnips Bread Butter
Cherry Pudding Sauce

THE AMERICAN HOME DIET, OR

NOVEMBER 5

Lunch

Codfish	Vegetable Soup	Catsup	Bread	Saltines	Butter
Cakes	Baked Apple	Stuffed with Raisins		Cream	

Dinner

Broiled Mackerel		Creamed Celery	Mashed Potatoes
Baked Squash		Coffee	Bread
Butter			Milk
Apricot Fluff with Custard Sauce			

NOVEMBER 6

Lunch

	Cream of Tomato Soup		Croûtons
Potato and Pea Salad		Celery	Gingerbread
Coffee	Milk	Bread	Butter

Dinner

Lamb Chops		Mashed Potatoes
Creamed Carrots	Celery	Cucumber Pickles
Bread		Butter
Brown Betty	Creamy Sauce	

NOVEMBER 7 (Sunday)

Dinner

Broiled Steak		Mashed Potatoes
Creamed Cauliflower	Spinach	Olives
Bread	Butter	Coffee
Vanilla Ice Cream	Caramel Sauce	Saltines

Supper

Oyster Stew		Crackers
Waldorf Salad	Bread	Butter
Chocolate		Sponge Cake

NOVEMBER 8

Lunch

Fish Chowder or Cream of Potato Soup		Saltines
Cabbage and Celery Salad	Bread	Butter
Canned Peaches		Cream
Cake (left-over)		

Dinner

Liver and Bacon		Creamed Potatoes
Creamed Celery	Brussel Sprouts	Mixed Pickle
Bread	Butter	Tea
Apple Pie	Cheese	Coffee

WHAT SHALL WE HAVE FOR DINNER?

NOVEMBER 9

Lunch

Cream of Celery Soup		Saltines
Lima Beans in Casserole	Corn Bread	Butter
Strawberry Jam		Milk

Dinner

Swiss Steak	Baked Potatoes
Fried Onions	Creamed Carrots
Bread	Chow-Chow
Grapefruit and Celery Salad	Cheese Crackers

NOVEMBER 10

Lunch

Corn Soufflé	Scalloped Potatoes
Bread	Dill Pickles
Banana Fritters	Sauce

Dinner

Boiled Tongue	Glazed Sweet Potatoes
Tomato Sauce	Creamed Parsnips or Turnips
Swiss Chard	Butter
Apples	Mixed Nuts

NOVEMBER 11

Lunch

Creamed Dried Beef	Baked Potatoes
Bread	Spiced Peaches
Butter	Cheese Crackers
Waldorf Salad	

Dinner

Rice and Meat in Casserole	Creamed Onions
Baked Squash	Butter
Chocolate Steamed Pudding	Coffee
	Foamy Sauce

NOVEMBER 12

Lunch

Cream of Corn Soup	Saltines
Tuna Fish Salad	Corn Bread
Butter	Orange Marmalade or Syrup

Dinner

Salmon Croquettes	Mashed Potatoes
Creamed Peas	Lettuce Salad
Bread	Coffee
Bread Pudding	Vanilla Wafers

NOVEMBER 13

Lunch

Vegetable Soup	Saltines
Baked Beans	Cole Slaw
	Catsup
	Apple Sauce

Bread

Dinner

Broiled Ham	Creamed Potatoes
Boiled Cabbage with Dressing	Celery
Bread	Coffee
Cocoanut Custard	Saltines

THE AMERICAN HOME DIET, OR

NOVEMBER 14 (Sunday)

Dinner

Veal Cutlets in Casserole Mashed Potatoes
Creamed Celery Stewed Tomatoes Currant Jelly
Bread Butter Milk
Date Pudding Whipped Cream

Supper

Welsh Rarebit on Toast
Waldorf Salad Salted Peanuts
Chocolate Oatmeal Cookies

NOVEMBER 15

Lunch

Italian Spaghetti Stuffed Green Peppers
Bread Butter Cucumber Pickles
Baked Apple Cream

Dinner

Reheated Cutlets in Casserole Boiled Sweet Potatoes
Creamed Onions Kale Cole Slaw
Bread Butter Tea
Banana Cream Pie

NOVEMBER 16

Lunch

Scalloped Oysters Fried Sweet Potatoes
Bread Butter Spiced Peaches
Grapefruit and Celery Salad Cheese Crackers

Dinner

Stuffed Beef Heart French Fried Potatoes
Spinach with Egg Celery Bread Butter
Prune Fluff with Custard Sauce

NOVEMBER 17

Lunch

Corn Chowder
Mexican Beans Butter Cabbage and Nut Salad
Bread Carrot Marmalade
Milk Tea

Dinner

Mutton Chops Mashed Potatoes
Buttered Beets Tomato Relish Creamed Celery
Bread Butter
Fruit Jello with Whipped Cream

WHAT SHALL WE HAVE FOR DINNER?

NOVEMBER 18

Lunch

Cream of Tomato Soup
Scalloped Potatoes
Bread

Butter

Croûtons
Dill Pickles
Waldorf Salad

Dinner

Creamed Brussel Sprouts
Bread

Veal Stew with Dumplings

Baked Squash
Butter
Lemon Pie

Buttered Parsnips
Spiced Pears

NOVEMBER 19

Lunch

Cheese Soufflé
Banana and Nut Salad
Milk

Cole Slaw
Gingerbread
Butter

Dinner

Broiled Trout
Creamed Carrots
Baked Apple

Egg Sauce

Boiled Sweet Potatoes
Kale
Bread
Butter
Cream

NOVEMBER 20

Lunch

Vegetable Soup
Cottage Cheese Salad
Cup Cake

Baked Beans
Bread

Saltines
Foamy Sauce
Butter

Dinner

Stuffed Round Steak
Creamed Onions
Bread

Cabbage and Apple Salad
Butter
Chocolate Custard

Mashed Potatoes
Chili Sauce
Milk
Coffee
Cream

NOVEMBER 21 (Sunday)

Dinner

Baked Ham
Creamed Cauliflower
Cranberry Jelly
Vanilla Ice Cream

Bread

Glazed Sweet Potatoes
Spinach
Butter
Saltines
Coffee

Supper

Oyster Stew
Sandwiches (Peanut Butter, Cheese and Date, Lettuce)
Celery
Cocoanut Cake

Crackers
Chocolate

THE AMERICAN HOME DIET, OR

NOVEMBER 22

Lunch

Cream of Celery Soup	Saltines
Boiled Rice	
Scalloped Tomatoes	Waldorf Salad
Bread	Cherry Jam

Dinner

Cold Ham	Creamed Potatoes
Fried Egg Plant or Parsnips	Chili Sauce
Creamed Turnips	Butter
Caramel Pie or Mince Pie	Cheese
Bread	
Coffee	

NOVEMBER 23

Lunch

Lima Beans in Casserole	Cole Slaw
Graham Muffins	Butter
Cranberry Sauce	Milk

Dinner

Ham Omelet	Mashed Potatoes
Creamed Peas	Kale
Bread	Celery
Brown Betty	Coffee
Pear Salad	Foamy Sauce
Butter	

NOVEMBER 24

Lunch

Cream of Pea Soup	Croûtons
Scalloped Corn	
Grapefruit and Celery Salad	Raisin Bread
	Butter

Dinner

Meat Pie	Baked Sweet Potatoes
Creamed Carrots	Cucumber Pickles
	Kale or Spinach
Bread	Butter
Apple Dumpling	Milk
	Hard Sauce

NOVEMBER 25 (Thanksgiving Day)

Dinner

I.

Celery	Clear Soup	Bread Sticks
Roast Chicken	Stuffing	Mashed Potatoes
Buttered Asparagus	Giblet Gravy	Cranberry Sauce
Parker House Rolls	Butter	Olives
Mixed Nuts	Pumpkin Pie	Fruit

II.

	Oyster Stew	
	Stuffing	Giblet Gravy
Roast Chicken		Creamed Onions
Mashed Potatoes		Parker House Rolls
Cranberry Jelly		Ripe Olives
Sweet Pickles	Butter	Cider
Mince Pie	Cheese	

WHAT SHALL WE HAVE FOR DINNER?

III.

Giblet Gravy	Roast Turkey	Boiled Squash	Oyster Stuffing
Mashed Potatoes			Cranberry Sauce
Parker House Rolls	Butter	Creamed Brussel Sprouts	
Raisins		Olives	Celery
Coffee	Pumpkin Pie	Mixed Nuts	Cheese
	Supper		
Fruit Salad		Cheese Crackers	
Apples	Nuts		Chocolate
	Fruit Cake		

NOVEMBER 26

Lunch

Codfish Chowder or Creamed Chicken	Boiled Sweet Potatoes
Cottage Cheese and Nut Salad	Cornmeal Muffins
Black Raspberry Jam	

Dinner

Broiled Halibut		Mashed Potatoes
Spinach with Egg	Bread	Butter
Celery	Coffee	Creamed Turnips
Cherry Pudding		Sauce

NOVEMBER 27

Lunch

Baked Beans	Chicken Soup with Noodles
	Butter
	Steamed Brown Bread
	Creamed Rice with Raisins

Dinner

	Rice and Meat in Casserole	
	Creamed Onions	
Spinach		Waldorf Salad
Bread	Butter	Cucumber Pickles
	Orange Custard	Tea

NOVEMBER 28 (Sunday)

Dinner

Lamb Chops		Mashed Potatoes
Creamed Brussel Sprouts and Celery		Olives
Cranberry Sauce	Bread	Butter
Coffee	Date Pudding	Whipped Cream

Supper

Stuffed Egg Salad		Nut Bread
Celery	Salted Peanuts	Butter
Chocolate		Oatmeal Cookies

THE AMERICAN HOME DIET, OR

NOVEMBER 29

Lunch

Macaroni and Cheese	Milk	Dill Pickles	Butter
Banana and Nut Salad	Bread	Cream	
Baked Apple			

Dinner

Veal Birds	Mashed Potatoes
Corn Relish	Boiled Cabbage with Dressing
	Bread
Fruit Jello with Whipped Cream	Butter

NOVEMBER 30

Lunch

Cream of Potato Soup	Saltines
Scalloped Corn	Chili Sauce
Butter	Cranberry Sauce
Graham Muffins	

Dinner

Meat Loaf	Baked Potatoes	Lettuce Salad
Gravy	Buttered Beets	Butter
Bread	Coffee	
	Banana Cream Pie	

DECEMBER 1. (Wednesday)

Lunch

Vegetable Soup	Saltines
Potato and Pea Salad	Baking Powder Biscuits
Honey	Milk

Dinner

Reheated Meat Loaf	Mashed Potatoes
Tomato Sauce	Creamed String Beans
Bread	Butter
Coffee	Celery
Baked Squash	Cream
Caramel Custard	

DECEMBER 2

Lunch

Creamed Dried Beef	Baked Sweet Potatoes
Cole Slaw	Butter
Bread	
Sliced Oranges and Cocoanut	

Dinner

Liver and Bacon	Mashed Potatoes
Spinach	Lettuce and Onion Salad
Chow-Chow	Butter
Brown Betty	Vanilla Wafers

WHAT SHALL WE HAVE FOR DINNER?

DECEMBER 3

Lunch

Cheese Soufflé	Corn Chowder		Waldorf Salad
Bread	Butter	Milk	Coffee
	Gingerbread		

Dinner

Salmon Croquettes		Creamed Peas
Mashed Potatoes		Spiced Currants
Bread	Celery	Butter
Caramel Custard		Whipped Cream

DECEMBER 4

Lunch

Potato Cakes		Mustard Sardines
Cabbage and Celery Salad	Graham	Muffins
Apple Jelly		Milk
		Butter

Dinner

Pork Tenderloin		Baked Potatoes
Creamed Onions	Kale	Milk Gravy
Bread	Butter	Mixed Nuts
	Apples	

DECEMBER 5 (Sunday)

Dinner

Chicken Pie		Mashed Potatoes
Creamed Celery	Cranberry Sauce	Olives
Bread	Butter	Coffee
Vanilla Ice Cream	Chocolate Sauce	
	Saltines	

Supper

Raw Oysters	or	Oyster Stew
Potato Chips	Bread	Butter
Pineapple Salad		Cheese Crackers
Chocolate		Mixed Nuts
	Popcorn Balls	

DECEMBER 6

Lunch

	Chicken Soup with Rice	
Egg, Olive and Potato Salad	Bread	Butter
Grape Jelly	Apple Sauce	Cream

Dinner

Broiled Ham		Creamed Potatoes
Brussel Sprouts	Bread	Butter
Cucumber Pickles		Milk
Raisin Pie	Coffee	Celery
		Cheese

THE AMERICAN HOME DIET, OR

DECEMBER 7

Lunch

Cream of Corn Soup Saltines
 Scalloped Oysters Bread Butter
 Cabbage and Celery Salad
 Doughnuts Coffee

Dinner

Pot Roast Brown Potatoes
 Gravy Celery Creamed Onions Lettuce Salad
 Bread Butter Milk
 Prune Fluff Custard Sauce

DECEMBER 8

Lunch

Vegetable Chowder
 Rice and Cheese Croquettes with Tomato Sauce
 Bread Butter Celery
 Peach Sauce Cream

Dinner

Reheated Pot Roast with Gravy
 Mashed Potatoes Baked Squash Creamed Cauliflower
 Cole Slaw Bread Butter
 Bread Pudding Coffee

DECEMBER 9

Lunch

Cream of Potato Soup Saltines
 Scalloped Corn Butter
 Banana and Nut Salad White Muffins
 Apple Fritters Sauce

Dinner

Rice and Meat in Casserole
 Boiled Cabbage with Dressing Creamed Turnips
 Bread Butter Spiced Peaches
 Date Pudding with Whipped Cream

DECEMBER 10

Lunch

Creamed Tuna Fish Baked Potatoes
 Cucumber Pickles or Corn Relish Bread Butter
 Baked Apple Stuffed with Raisins Cream

Dinner

Broiled Halibut Mashed Potatoes
 Spinach with Egg Celery Baked Squash
 Bread Butter Coffee
 Apricot Sherbet or Apricot Fluff and Foamy Sauce

WHAT SHALL WE HAVE FOR DINNER?

DECEMBER 11

Lunch

Baked Beans
Bread
French Toast
Cole Slaw
Butter
Syrup
Grape Jelly
Catsup

Dinner

Liver and Bacon
Buttered Beets
Bread
Apple Dumpling
Celery
Glazed Sweet Potatoes
Spiced Pears
Butter
Hard Sauce

DECEMBER 12 (Sunday)

Dinner

Roast Pork
Sauer Kraut
Cranberry Jelly
Pineapple
Creamed Carrots
Bread
Devil's Food Cake
Mashed Potatoes
Celery
Butter
Coffee

Supper

Soft Boiled Eggs
Grapefruit and Celery Salad
Mixed Nuts
Bread
Butter
Chocolate
Popcorn Rolls

DECEMBER 13

Lunch

Cream of Celery Soup
Scalloped Potatoes
Corn Bread
Cucumber Pickles
Saltines
Bread
Syrup
Butter

Dinner

Cold Roast Pork
Buttered Turnips
Butter
Mince Pie
Swiss Chard
Chili Sauce
Cheese
Creamed Potatoes
Bread
Milk
Coffee

DECEMBER 14

Lunch

Cream of Tomato Soup
Meat and Potato Cakes
Baking Powder Biscuits
Butter
Croûtons
Cole Slaw
Honey

Dinner

Beef Birds
Creamed Onions
Bread
Chocolate Soufflé
Celery
Butter
Mashed Potatoes
Corn Relish
Milk
Foamy Sauce

THE AMERICAN HOME DIET, OR

DECEMBER 15

Lunch

Creamed Dried Beef Boiled Rice
 Pickled Peaches Bread Butter
 Baked Apple Stuffed with Raisins
 Sugar Cookies Cream

Dinner

Boiled Tongue Baked Sweet Potatoes
 Kale Tomato Sauce Creamed Celery
 Bread Butter Tea
 Lemon Custard Sugar Cookies

DECEMBER 16

Lunch

Scalloped Corn
 Pickled Pigs Feet or Mustard Sardines
 Cornmeal Muffins Butter Syrup
 Apple Sauce Cream

Dinner

Cold Tongue Mashed Potatoes
 Creamed Brussel Sprouts and Celery Chili Sauce
 Asparagus Salad
 Bread Butter Coffee
 Cranberry Pie Cheese

DECEMBER 17

Lunch

Mexican Beans or Oyster Stew
 Grapefruit and Celery Salad Bread Butter
 Catsup Doughnuts Coffee

Dinner

Broiled Halibut or Baked Haddock with Stuffing
 Lemon Creamed Potatoes Buttered Beets
 Bread Stewed Tomatoes Butter
 Creamed Rice with Dates Cream

DECEMBER 18

Lunch

Vegetable Soup Saltines
 Cottage Cheese Salad Hash Brown Potatoes
 Bread Butter
 Canned Peaches Cream

Dinner

Veal Stew with Dumplings Glazed Sweet Potatoes
 Cole Slaw Creamed Turnips
 Bread Pickled Peaches Coffee
 Butter
 Pumpkin Pie

WHAT SHALL WE HAVE FOR DINNER?

DECEMBER 19 (Sunday)

Dinner

Roast Lamb	Brown Potatoes
Brussel Sprouts	Creamed Lima Beans
Cranberry Sauce	Butter
Apples	Mixed Nuts
Bread	Coffee

Supper

Waldorf Salad	Welsh Rarebit on Toast	Butter
Chocolate	Nut Bread	
	Marshmallows	

DECEMBER 20

Lunch

Celery	Kidney Stew	Bread	Scalloped Potatoes	Butter
	Caramel Custard		Cream	

Dinner

Lamb	Reheated with Gravy	Mashed Potatoes
	Spinach with Egg	Pepper Relish
Bread	Butter	Succotash
	Brown Betty	Foamy Sauce
		Milk

DECEMBER 21

Lunch

	Cream of Potato Soup	Saltines
Baked Beans	Catsup	Bread
	Banana and Nut Salad	Butter

Dinner

Stuffed Beef Heart	Spinach	Boiled Sweet Potatoes
Creamed Onions	Butter	Cucumber Pickles
Bread	Tapioca Custard	Cranberry Sauce
		Cream

DECEMBER 22

Lunch

Bread	Boiled Rice	Cheese Sauce
	Butter	Cabbage and Nut Salad
	Banana Fritters	Sauce

Dinner

Baked Ham	Mashed Potatoes	Bread
Creamed Carrots	Celery	
Butter	Chili Sauce	Coffee
Apple Dumpling	Hard Sauce	

THE AMERICAN HOME DIET, OR

DECEMBER 23

Lunch

Macaroni and Cheese Fried Sweet Potatoes
Waldorf Salad Bread Butter Milk
Tea Rhubarb Conserve

Dinner

Cold Baked Ham Creamed Potatoes
Buttered Beets Swiss Chard
Bread Butter Chow-Chow
Pumpkin Pie Cheese

DECEMBER 24

Lunch

Creamed Tuna Fish or Creamed Ham
Baked Potatoes Cole Slaw
Graham Muffins Butter Apple Jelly

Dinner

Salmon Loaf Mashed Potatoes
Creamed Carrots and Peas Pear Salad
Bread Butter Coffee
Bread Pudding

DECEMBER 25 (Christmas)

Dinner

Clear Soup Bread Sticks
Roast Turkey or Chicken Mashed Potatoes
Potato Stuffing Creamed Onions Boiled Squash
Lettuce Salad with Cheese Straws
Bread Butter Olives Coffee Salted Pecans
English Plum Pudding Sweet Sauce
(See Thanksgiving Menus Also.)

Supper

Grapefruit and Celery Salad Bread Fruit Cake Butter
Chocolate Apples Mixed Nuts

DECEMBER 26 (Sunday)

Dinner

Chicken or Turkey a la King Toast
Glazed Sweet Potatoes Creamed Celery
Bread Butter Cranberry Sauce
Reheated English Plum Pudding Sweet Sauce
or

Mince Pie

Cheese

Supper

Oyster Stew Saltines
Stuffed Egg Salad Bread Butter
Chocolate Fruit Cake
Nuts Apples

WHAT SHALL WE HAVE FOR DINNER?

DECEMBER 27

Lunch

Vegetable Soup	Saltines
Rice and Cheese Croquettes	Tomato Sauce
Bread	Apple Sauce
Butter	

Dinner

Creamed Chicken or Turkey in Pastry Cases
Mashed Potatoes
Succotash
Butter
Cranberry Pie
Coffee
Celery
Bread

DECEMBER 28

Lunch

Chicken or Turkey Soup with Noodles
Lima Beans in Casserole
Bread
Butter
Sliced Oranges with Cocoanut Nuts
Cole Slaw
Milk

Dinner

Lamb Chops	Mashed Potatoes
Creamed Brussel Sprouts	Celery
Bread	Butter
Waldorf Salad	Plum Conserve
	Cheese Straws

DECEMBER 29

Lunch

Fish Chowder
Bread
Italian Spaghetti
Cup Cake
Foamy Sauce
Butter

Dinner

Swiss Steak	Baked Potatoes
Fried Onions	Creamed Carrots
Bread	Dill Pickles
Cherry Pudding	Sauce
Butter	

DECEMBER 30

Lunch

Creamed Dried Beef	Boiled Sweet Potatoes
Spiced Peaches	Butter
Baking Powder Biscuits	Honey
Bread	

Dinner

Meat Pie or Fried Oysters	Brussel Sprouts with Bacon
Creamed Turnips	Raised Biscuits
Coffee	Corn Relish
Canned Pineapple	Sugar Cookies
	Butter

THE AMERICAN HOME DIET, OR

DECEMBER 31

Lunch

Cream of Tomato Soup	Crouçons
Codfish Cakes	Hash Brown Potatoes
Bread	Catsup
Butter	Cream
Sliced Bananas	

Dinner

Broiled Halibut	Creamed Potatoes
Baked Squash	Spinach with Egg
Bread	Coffee
Brown Betty	Foamy Sauce
Butter	

WHAT SHALL WE HAVE FOR DINNER?

RECIPES

Some of the recipes in the following pages have been taken with permission from the Boston Cooking School Cook Book, by Fannie M. Farmer; and the New Cookery, by Lenna Cooper. These and other standard books on cookery may be consulted for further details.

SOUPS, CHOWDERS, ETC.

Cream soups are made of vegetables with milk and seasonings. They are always slightly thickened. A general formula for the white sauce to be used for cream soups follows:

- 1 cup milk
- 2 tablespoons flour
- 2 tablespoons butter
- $\frac{1}{2}$ teaspoon salt

The vegetable, for example celery, is usually cut in small pieces and cooked in a small amount of water. It is then mashed and strained into the white sauce. Any left-over vegetable as potatoes, peas, corn, celery, spinach or tomatoes, can be used in this way. Some prefer the addition of an onion to nearly all creamed soups. This has to be left to individual tastes. For a detailed discussion of cream soups see a good cook book, as The Boston Cooking School Cook Book.

The above formula is also used for creamed vegetables as peas, carrots, potatoes, etc., and for meats and fish, as creamed ham, dried beef, tuna fish, etc. If one prefers a thicker sauce more flour is added.

Crouçons

Spread stale bread thinly with butter, remove crusts, cut in one-third inch cubes, put in pan and bake until brown or fry in deep fat.

Vegetable Soup.

- 2 lbs. shin bone or
- 2 oxtails
- $\frac{1}{2}$ turnip
- 1 carrot
- 4 potatoes

- 3 tablespoons rice or barley
- $\frac{1}{2}$ cup celery
- 1 small red pepper
- About 4 quarts cold water
- Salt and pepper

Cook meat in the water about 2 hours. Add vegetables and cook $1\frac{1}{2}$ hours longer. Add more water when necessary.

Oyster Stew.

- 1 quart oysters
- 4 cups scalded milk
- $\frac{1}{4}$ cup butter
- 2 teaspoons salt
- $\frac{1}{4}$ teaspoon pepper

Pick over oysters and wash carefully. Heat liquor to boiling point, strain, add oysters and cook until oysters are plump and edges begin to curl. Add scalded milk, butter, salt and pepper. Serve with oyster crackers or saltines.

Corn Chowder.

- 1 can corn
- 4 cups potatoes cut in
- $\frac{1}{4}$ inch slices
- $1\frac{1}{2}$ inch cube of fat
- salt pork
- 1 sliced onion
- 4 cups scalded milk
- 8 crackers
- 3 tablespoons butter
- Salt and pepper

Cut pork into small pieces and try out; add onion and cook five minutes. Strain fat into stewpan, Par-boil potatoes 5 minutes, drain. Add potatoes to fat. Then add 2 cups boiling water. Cook until potatoes are soft, add corn and milk. Season with salt and pepper, add butter, and broken crackers. Serve hot.

THE AMERICAN HOME DIET, OR

Welsh Rarebit.

- 1 tablespoon butter
- 1 teaspoon cornstarch
- $\frac{1}{2}$ cup thin cream
- $\frac{1}{2}$ lb. soft mild cheese cut in small pieces
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon mustard
- Few gratings cayenne
- Toast

Melt butter, add cornstarch, and stir until well mixed, then add cream gradually, stirring constantly. Cook two minutes. Add cheese and stir until cheese is melted. Season and serve on toast or crackers. A rarebit should be smooth and of a creamy consistency, never stringy.

Fish Chowder

Proceed as for corn chowder but use 2 small cans of fish flakes instead of corn.

Vegetable Chowder.

- $\frac{1}{4}$ cup dried split peas
- $\frac{1}{4}$ cup dried white beans
- 1 cup diced potatoes
- $1\frac{1}{2}$ cup diced celery
- $\frac{1}{2}$ cup diced turnips
- $\frac{1}{2}$ cup diced carrots
- 1 cup strained tomatoes
- 3 tablespoons butter
- 1 tablespoon chopped parsley
- $\frac{1}{2}$ cup diced onions
- $1\frac{1}{2}$ teaspoon salt

Soak peas and beans over night. Cook them in water to cover until tender. Add the other vegetables. Cook until all are tender. Add sufficient water to make $1\frac{1}{2}$ quarts of chowder. Add salt and butter and serve.

Cheese Sauce.

- 1 cup milk
- 3 tablespoons flour
- 2 tablespoons butter
- $\frac{1}{2}$ teaspoon salt
- 1 tablespoon grated cheese

Make the white sauce and then melt cheese in it. If a thinner white sauce is desired use less flour.

Creamed Eggs.

Place a hard boiled egg cut length wise on a slice of toast. Pour over it a well seasoned white sauce.

MEATS, FISH, ETC.

Duck Stuffing (Peanut).

- $\frac{3}{4}$ cup cracker crumbs
- $\frac{1}{2}$ cup shelled peanuts finely chopped
- $\frac{1}{2}$ cup heavy cream
- 2 tablespoons butter
- Few drops of onion juice
- Salt, pepper, cayenne

Mix ingredients in the order given.

Salmon Loaf.

- 1 can salmon
 - $\frac{1}{2}$ tablespoon melted butter
 - 1 cup bread crumbs
 - 3 eggs (beaten)
 - $\frac{3}{8}$ cup milk
- Mix well together and put into buttered pan and put pan in hot water and bake 1 hour.

Sauce for Salmon Loaf.

- 1 cup milk
 - 1 tablespoon flour
 - 2 teaspoons butter
 - 3 teaspoons catsup
 - 1 egg
- Pinch mace
Heat in double boiler.

Tomato Sauce.

- $1\frac{1}{2}$ cup strained, stewed tomatoes or
 - $\frac{1}{2}$ cup condensed tomato and 1 cup water
 - 2 tablespoons butter
 - 2 tablespoons flour
 - 1 teaspoon salt
- Heat the tomato, rub flour and butter together. Pour over this the hot tomato, slowly stirring mixture. Boil for 5 minutes. A little onion or celery salt may be added.

Lemon Sauce for Fish.

- $\frac{1}{4}$ cup butter
- $\frac{1}{4}$ cup flour
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ cup vinegar or lemon juice
- $\frac{1}{8}$ teaspoon cayenne
- $1\frac{1}{4}$ cup hot water

Cook about 5 minutes, then put in 1 tablespoon parsley.

WHAT SHALL WE HAVE FOR DINNER?

Egg Sauce for Fish.

2 tablespoons butter, melted
2 tablespoons flour
Salt and pepper

Add boiling water to form a rather thick paste. Cool and add yolk of 1 egg and 1 tablespoon vinegar or lemon juice.

Meat Loaf.

2 lbs. ground beef
 $\frac{1}{4}$ lb. ground salt pork
 $\frac{1}{2}$ cup milk
1 onion
2 eggs
2 teaspoons salt
1 teaspoon pepper

Make into a loaf, put in pan and bake 2 hours.

Hamburger Layer.

2 lbs. ground beef
 $\frac{1}{4}$ lb. ground salt pork
2 teaspoons salt
1 teaspoon pepper

Spread out in baking dish until about $1\frac{1}{2}$ inch thick. Put on top 2 medium sized onions, sliced thin, and 1 green pepper sliced thin, and enough tomato pulp to cover top or about 3 good sized tomatoes. Bake about 40 minutes.

Lamb Croquettes.

Grind up left-over lamb. To 1 cup of lamb add 1 cup of boiled potatoes or boiled rice, 1 tablespoon chopped onion, 3 tablespoons shortening, 1 cup thick white sauce, salt and pepper. Fry onion and then mix all together, shape and roll in dry bread crumbs, fry in deep fat and drain. Serve with tomato sauce.

Finnan Haddie.

Soak the finnan haddie to freshen it, as you would salted codfish. Then boil it until tender, drain, and pour white sauce over it. If codfish or finnan haddie are tied up in pieces of cloth they do not break up so while boiling.

Beef Birds.

Cut round steak into rather small pieces (2 in. x 3 in.) and salt and pepper it. Mix equal parts of chopped onion and beef suet together. Put about 2 tablespoons on each piece of steak and fold steak into a small roll. Either sew sides together or clamp them together by means of toothpick. Fry until brown, put in casserole, add a small amount of water and bake until done.

Chicken a la King.

2 cups cold diced fowl
1 green pepper
1 onion
1 can mushrooms
3 tablespoons butter
1 tablespoon cornstarch
 $1\frac{1}{2}$ cup milk
 $\frac{1}{2}$ cup cream
2 egg yolks
Paprika

Take the shredded green pepper and 1 can mushrooms and cook in the 3 tablespoons butter 5 minutes. Add 1 small grated onion, 1 tablespoon cornstarch, $1\frac{1}{2}$ cup milk, salt and paprika to taste. Add the chicken and bring to boiling point, and add $\frac{1}{2}$ cup cream with 2 egg yolks beaten in it. Add a little lemon juice and serve on toast.

Swiss Steak.

Dredge round steak with flour, pound with a hammer until flour is pounded into meat. Repeat until meat will not hold any more flour. Salt and pepper must also be added. Fry in hot fat until done. Tough meat is made, by this method, more palatable.

Stuffed Round Steak.

Make a stuffing out of bread, onions, sage, salt, and pepper, and small amount of suet. Place dressing on round steak and fold meat over it. Sew sides of meat together to hold in place. Put in baking pan with small amount of water and bake until done. Turn frequently and baste if it isn't in a self-basting roaster.

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Veal Birds.

Use slices of veal from leg cut as thinly as possible and salt and pepper. Cut in pieces about $2\frac{1}{4}$ in. x 2 in. Make a dressing as for stuffed steak. Sew each bird up. Fry until brown then place in baking dish, add cream to half cover meat, cook slowly until done.

Veal Cutlets in Casserole.

Salt and pepper veal cutlets. Dip in beaten egg, then in cracker or dry bread crumbs. Fry in hot fat until a golden brown. Put in casserole, add enough milk to just come to top of meat. Put small piece of butter on top. Bake slowly until done.

Milk Gravy.

After meat is fried put flour to brown in pan. When a golden brown add milk instead of water to make gravy.

Casserole of Rice and Meat.

Line a mold slightly greased with steamed rice. Fill the center with 2 cups of cold, finely chopped meat highly seasoned with salt, pepper, celery salt and onion juice. Then add 1 cup cracker crumbs, one egg slightly beaten and enough hot water to moisten. Cover meat with rice, cover rice with buttered paper to keep out moisture while steaming and steam 45 minutes. Serve on a platter surrounded with tomato sauce.

Fricassee of Chicken.

Boil cut up fowl until tender. Remove chicken and remove all meat from bones. Season and boil liquor until it has been reduced enough to give good flavor. Thicken and pour over chicken. Fowls which are always made tender by long cooking are frequently cooked this way.

Baked Ham.

Soak ham (whole or part of ham) several hours in cold water. Put on to cook in cold water, cook until tender. Remove from fire and let partially cool. Take ham out of water, remove outside skin, sprinkle with

sugar and cracker crumbs, and stick with cloves one-half inch apart. Bake one hour in slow oven.

Fricassee of Veal

Take two pounds of sliced veal cut from loin and cover with boiling water. Add one small onion, two stalks of celery and a sliced carrot. Cook slowly until meat is tender. Remove meat, sprinkle with salt and pepper, dredge with flour and fry until brown in hot fat. Strain liquor (there should be about 2 cups), melt 4 tablespoons butter, add 4 tablespoons flour and strained liquor. Bring to boiling point, season with salt and pepper and pour around meat.

Salmon Croquettes

2 cups cold flaked salmon
1 cup thick white sauce
1 teaspoon lemon juice
Few grains of cayenne
Salt

Add sauce to salmon, then add seasonings. Shape, dip in crumbs, egg, crumbs again, fry in deep fat and drain.

Fish and Macaroni.

2 cups cold flaked fish
3 tablespoons butter
3 tablespoons flour
 $1\frac{1}{2}$ cups milk
1 teaspoon salt
 $\frac{1}{8}$ teaspoon pepper
1 tablespoon chopped parsley
2 hard boiled eggs
3 cups cooked macaroni or spaghetti
 $\frac{1}{2}$ cup bread crumbs

Melt butter, add flour, and stir in milk. Cook until thick, add salt, pepper, parsley and fish. Put a layer of macaroni in a greased baking dish, add layer of above sauce and sliced eggs. Repeat until dish is full. Spread bread crumbs on top, dot with butter and bake in moderate oven until brown—about 25 minutes.

Corn Beef Hash.

Remove skin, gristle and part of fat from corn beef. To the chopped meat add equal quantity of cold boil-

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ed chopped potatoes. Season with salt and pepper, put into a hot well greased frying pan, moisten with milk or cream, mix well, spread evenly in pan, and put over a slow fire to brown underneath. Turn and fold on hot platter.

Scalloped Oysters.

- 1 pint oysters
- 4 tablespoon oyster liquor
- 4 tablespoons cream
- $\frac{1}{2}$ cup dry bread crumbs
- 1 cup cracker crumbs
- $\frac{1}{2}$ cup melted butter
- Salt, pepper

Mix bread and cracker crumbs, stir in butter. Put a thin layer on bottom of shallow baking dish, cover with oysters, sprinkle with salt and pepper, add $\frac{1}{2}$ of oyster liquor and $\frac{1}{2}$ of cream. Repeat and cover top with remaining crumbs. Bake thirty minutes in hot oven. Never allow more than two layers of oysters for scalloped oysters; if three layers are used the middle layer will be underdone.

Stuffed Beef Heart.

Wash and clean out a beef heart. Stuff with a rather highly seasoned stuffing and sew up openings. Sprinkle with salt and pepper. Roll in flour and brown in hot fat. Place in deep covered baking dish, cover it half with boiling water, and bake until tender, basting or turning frequently. It may be necessary to add more water. When heart is done remove it and thicken and season the liquor for gravy.

Salmon Cutlets.

- 2 cups hot boiled rice
- 1 lb. canned salmon
- 1 tablespoon chopped parsley
- 1 teaspoon salt
- 1 tablespoon lemon juice
- 1 beaten egg

Remove skin and bones from salmon and separate into flakes. Mix salmon, rice, parsley, salt, lemon juice and egg together and spread out to cool. Shape into cutlets, dip in beaten egg and then into bread crumbs,

and fry in hot fat until brown or brown in hot oven.

Scrambled Eggs and Dried Beef.

Add small pieces of dried beef to eggs which are being scrambled. This adds a different flavor to scrambled eggs and makes them very palatable.

Kidney Stew.

Soak, pare and cut in slices six young kidneys, and sprinkle with salt and pepper. Melt two tablespoons of shortening in hot frying pan, put in kidneys and cook 5 minutes. Dredge thoroughly with flour, and add $\frac{3}{4}$ cup boiling water. Cook 5 minutes, and add more salt and pepper if needed. Lemon juice or onion juice can be added for flavor if desired.

Ham Omelet.

Add small pieces of ham to egg mixture just before starting to fry omelet. For a full discussion of omelets see a good cook book as Boston Cooking School Cook Book.

Codfish Cakes.

Freshen codfish and cook until tender. Remove all bones. To 1 cup of codfish add 2 cups cold mashed potatoes and 1 beaten egg, salt and pepper to taste. Make into cakes and fry in hot fat until brown. A little onion can be added if one likes the flavor.

Scalloped Salmon.

- 1 can salmon
- 1 egg
- 1 pint milk
- 3 tablespoons flour
- $1\frac{1}{2}$ tablespoons butter

Put the milk on stove in double boiler, keeping out $\frac{1}{2}$ cup. Mix butter and flour to a smooth paste and add the egg well beaten, then the $\frac{1}{2}$ cup of cold milk. Mix well, then stir into the milk, flour, egg mixture which should be smooth and thick like gravy. Season with salt and pepper and set aside to cool. Butter a baking dish and fill with alternate layers of flaked salmon and the white

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sauce. The top layer should be of the white sauce. Sprinkle with cracker crumbs and bake $\frac{1}{2}$ hour in moderate oven.

VEGETABLES.

Scalloped Potatoes.

Pare and cut potatoes in about $\frac{1}{4}$ inch slices and put in buttered casserole or baking dish. Sprinkle with salt, pepper, and dredge with flour and dot over with small pieces of butter. Repeat until dish is nearly full. Add hot milk until it may be seen through top layer, bake until potatoes are soft.

In order to vary the flavor of scalloped potatoes or corn a few slices of bacon or small pieces of ham can be put amongst potatoes or corn. Either of these additions add greatly to the palatability of these dishes.

Italian Spaghetti.

Break about one quarter pound of spaghetti into 2 in. to 3 in. pieces and put into boiling, salted water. Cook until tender. Drain and pour a dash of cold water over it. Cut an onion into small pieces and fry in saucepan until done, then add a quart can of tomatoes, $\frac{1}{2}$ teaspoon salt and $\frac{1}{8}$ teaspoon of paprika. Let cook slowly for about two hours. Reheat spaghetti in tomato mixture and serve.

Scalloped Corn.

$\frac{1}{2}$ cup butter
 $\frac{1}{4}$ cup flour
 $\frac{1}{2}$ teaspoon salt
1 tablespoon sugar
1 pint fresh corn or drained canned corn
1 cup bread crumbs
 $1\frac{1}{2}$ cup hot milk

Heat milk in double boiler, mix butter and flour together, and add hot water, stirring meanwhile. Then add the corn, the salt and sugar. Let come to boiling point and turn into baking dish. Cover top with bread crumbs and make 15-20 minutes.

Glazed Sweet Potatoes.

Wash and peel 6 medium sized sweet potatoes. Cook 10 minutes in boiling water to which has been added 1 teaspoon salt. Drain potatoes, cut into thick slices lengthwise and put into buttered pan or casserole. Make syrup by boiling 3 minutes 1 cup sugar and $\frac{1}{2}$ cup water. Add 1 tablespoon butter. Pour over potatoes and bake until tender. Baste several times.

Lima Beans in Casserole.

Soak 2 cups lima beans over night in cold water. Drain and put into casserole and sprinkle with salt and pepper. Cut a two inch cube of fat pork in small pieces and fry out and strain. To fat add one small onion thinly sliced and one-half cup of diced carrots. Stir until vegetables are brown. Add to beans, dot over with 2 tablespoons butter and add milk to half the height of beans. Cover and cook in a slow oven until beans are soft.

Scalloped Cabbage.

Cook cabbage until tender, drain. For 1 quart of cooked cabbage follow amounts for scalloped corn.

Corn Soufflé

1 can corn
1 tablespoon butter
2 tablespoons flour
1 cup milk
 $1\frac{1}{2}$ teaspoon salt
2 eggs
Pepper

Melt butter, add flour, pour on gradually milk, bring to boiling point, add corn, seasonings, yolks of eggs well beaten, and lastly fold in whites of eggs beaten stiff. Turn into buttered dish and bake about 30 minutes in a moderate oven.

Fried Rice.

Fry a finely chopped onion in bacon drippings until brown. Add as much cold boiled rice as is wanted and fry until thoroughly heated.

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Boiled Cabbage With Dressing.

Cook cabbage in salted, boiling water. Pour over it following dressing.

- 2 egg yolks
- 3 tablespoons sour cream
- 2 tablespoons vinegar
- 1 tablespoon sugar

Cheese Soufflé

- 2 tablespoons butter
- 3 tablespoons flour
- $\frac{1}{2}$ cup milk
- $\frac{1}{2}$ cup grated cheese
- $\frac{3}{4}$ teaspoon salt
- Few grains of cayenne
- Yolks of 3 eggs
- Whites of 2 eggs

Melt butter, add flour, stir until well blended; pour on gradually $\frac{1}{2}$ cup scalded milk. Then add cheese, salt and cayenne. Remove from fire, add well beaten yolks. Cool mixture and cut and fold in well beaten whites of eggs. Pour into buttered baking dish and bake 20 minutes in slow oven. Serve at once.

Mexican Beans.

- 1 can kidney beans
 - $\frac{1}{4}$ cup cream
 - $\frac{1}{2}$ teaspoon salt
 - 2 teaspoons mustard
 - $\frac{1}{2}$ teaspoon paprika
- Cook over asbestos 20 minutes.

Potato Puff.

- 2 cups mashed potatoes
 - 2 eggs (well beaten)
 - $\frac{1}{2}$ cup milk
- Seasoning

Beat well and bake in oven.

Baked Stuffed Potatoes.

When baked potatoes are done cut in half and remove contents of shell. Add milk, butter, salt and pepper (amounts depending on amount of potatoes used). Beat until light, refill shells and put in oven to brown.

Scalloped Apples.

- 1 quart sliced apples
- $\frac{1}{4}$ cup butter
- $\frac{1}{4}$ cup sugar

- $\frac{1}{4}$ teaspoon grated nutmeg
- $\frac{1}{2}$ lemon grated, rind and juice
- 2 cups bread crumbs

Melt butter and stir into crumbs slightly with fork. Cover bottom of buttered baking dish with crumbs and spread over $\frac{1}{2}$ of apples; sprinkle with $\frac{1}{2}$ of the sugar, nutmeg and lemon juice and rind mixed together; repeat, cover with remaining crumbs and bake 40 minutes in moderate oven. Cover at first to prevent crumbs browning too rapidly.

Macaroni and Cheese

- $1\frac{1}{2}$ cups macaroni broken in small pieces
- 1 cup grated cheese
- 1 cup bread crumbs
- 3 tablespoons butter
- 3 tablespoons flour
- 2 cups milk
- 1 teaspoon salt

Cook macaroni in boiling salted water until tender, drain and pour over it a dash of cold water. Make a white sauce of the last four ingredients and stir grated cheese into mixture. When cheese is melted pour the cheese sauce over the cooked macaroni and mix well. Turn into a baking dish and bake in a moderate oven until brown. For a change of flavor a small amount of peanut butter or dried beef can be substituted for cheese.

Hash Brown Potatoes.

To 2 cups of cold boiled potatoes finely chopped add salt and pepper to taste. Pour over potatoes $\frac{1}{2}$ cup of melted drippings. Mix potatoes thoroughly with fat, cook about three minutes, stirring constantly. Let stand to brown underneath. Fold as an omelet and serve on platter.

Spinach with Hard Boiled Eggs

Wash spinach thoroughly. Steam until cooked. If spinach isn't steamed, cook in as little water as possible. Season and put in serving dish. Garnish with hard boiled egg sliced thin.

If one prefers, a little hot bacon fat can be poured over cooked spinach.

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Fried Parsnips.

Boil parsnips until tender, cut in slices and fry until brown.

Rice Soufflé

2 cups scalded milk
2 tablespoons butter
2 tablespoons flour
1 teaspoon salt
Pinch pepper.
 $\frac{1}{2}$ cup stale, soft bread crumbs
2 cups cooked rice
Yolks of 3 eggs
1 tablespoon finely chopped parsley
Whites of 3 eggs beaten stiff

Make a white sauce of first five ingredients. Add bread crumbs, and cook ten minutes. Remove from fire, add rice, yolks of eggs and parsley, then fold in whites of eggs. Turn in buttered baking dish, bake 35 minutes in slow oven.

Stuffed Green Peppers.

6 green peppers
1 onion (finely chopped)
2 tablespoons butter
3 tablespoons bread crumbs
4 tablespoons lean raw ham
Salt and pepper
 $\frac{1}{3}$ cup water

Cut a slice from stem of each pepper, remove seeds and parboil peppers fifteen minutes. Cook onion in fat three minutes, add ham and cook about one minute, then add water and bread crumbs. Cool mixture, sprinkle peppers with salt, fill with cooked mixture, cover with buttered bread crumbs and bake ten minutes.

Creamed Brussel Sprouts and Celery.

Remove wilted leaves from one quart Brussel sprouts and soak sprouts in cold water fifteen minutes. Drain and cook in boiling salted water twenty minutes or until tender. Drain again. Cut washed celery in small pieces; there should be one and one-half cups. Melt 3 tablespoons of butter, add celery, and cook two minutes, then add 3 tablespoons flour, and pour on gradually

$1\frac{1}{2}$ cups of scalded milk. Bring to boiling point, add sprouts, season with salt and pepper, and serve as soon as sprouts are reheated.

Potato Cakes.

Take left-over potatoes, and to 2 cups of mashed potatoes add 1 beaten egg, $\frac{1}{2}$ cup milk and salt and pepper, make into cakes and fry in drippings.

Fried Egg Plant.

Pare egg plant, cut in $\frac{1}{4}$ inch slices. Let stand in cold salted water about 3 hours. Drain, let stand in cold water a few minutes and dip in flour to which has been added salt and pepper, and fry until crisp and brown.

Rice and Cheese Croquettes.

$\frac{1}{2}$ cup rice
 $\frac{1}{2}$ cup boiling water
1 cup scalded milk
 $\frac{1}{2}$ teaspoon salt
Yolks of 2 eggs
1 tablespoon butter
2 tablespoons grated cheese

Wash rice, add to water with salt, cover and steam until rice has absorbed water. Then add milk, stir lightly with fork, cover and steam until rice is soft. Remove from fire. Add cheese and stir slightly until cheese is melted. Add egg yolks and fat. Put in shallow pan to cool. Shape in balls, roll in crumbs, dip in eggs, again in crumbs, and fry in deep fat. Drain and serve with tomato sauce.

Stuffed Egg Plant.

Cook eggplant 15 minutes in salted water to cover. Cut a slice from top and with a spoon remove pulp. Chop pulp and add 1 cup soft stale bread crumbs. Fry out 3 slices of bacon and fry in bacon fat $\frac{1}{2}$ tablespoon finely chopped onion until brown. Add to the chopped pulp and bread and season with salt and pepper, and if necessary moisten with a little water. Cook 5 minutes, cool slightly and add one beaten egg. Refill egg plant, cover with buttered crumbs and bake 25 minutes in hot oven.

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Fried Tomatoes.

Slice ripe tomatoes in $\frac{1}{4}$ inch slices; dip in flour to which has been added salt and pepper and fry until brown.

Rice and Cheese with Tomatoes.

Follow directions for rice and cheese croquettes, but instead of making croquettes pour tomatoes over rice and heat in oven a few minutes, or make a tomato sauce and pour over rice and cheese as it is served.

SALADS.

Fruit Salad.

- 1 cup diced apples
- 1 cup diced oranges
- 1 cup diced bananas

Mix fruit and pour on a good salad dressing. Any number of fruits can be used in fruit salad, but these three are very popular because they are nearly always in season. Pineapple and grapefruit are very nice additions to this fruit salad.

Boiled Salad Dressing—I.

- 4 eggs
- $\frac{3}{4}$ cup lemon juice
- 1 teaspoon salt
- $\frac{1}{2}$ cup butter or vegetable oil
- 2 to 3 tablespoons water
- 2 tablespoons sugar

Break eggs into inner portion of double boiler, beat until blended but not foamy. Add lemon juice, water, salt and oil. Remove from fire and cool. If dressing should curdle place in pan of cold water and beat with an egg beater.

Boiled Salad Dressing—II.

- 1 tablespoon flour
- 1 tablespoon sugar
- 1 teaspoon mustard
- Paprika and salt, $\frac{1}{2}$ teaspoon

Mix dry ingredients and add $\frac{1}{2}$ cup milk, 1 cup dilute vinegar and 2 well beaten eggs. Cook in double boiler.

Mayonnaise Dressing.

- 1 egg yolk
- 2 tablespoons vinegar

- $\frac{1}{2}$ teaspoon mustard
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon powdered sugar
- Pinch paprika
- $\frac{3}{4}$ cup olive oil

Mix dry ingredients, add yolk, beat together. Add little vinegar and beat, and little oil and beat vigorously. Gradually add more oil until all is added, beating vigorously. Oil should be very cold when dressing is to be made.

Cabbage Salad.

Slice a firm cabbage very thinly. Serve with boiled dressing or any other which the family prefers. This salad may be varied by adding a few chopped nut meats and served as cabbage and nut salad. A stalk of celery may be added and served as cabbage and celery salad. A few pickled beets can be mixed with the sliced cabbage and served as cabbage and beet salad.

French Dressing.

- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon paprika
- 2 tablespoons vinegar
- 6 tablespoons oil

Mix together and shake before using.

Kidney Bean Salad.

- 1 can kidney beans
- 1 cup chopped celery
- Boiled salad dressing

Cole Slaw

Slice cabbage very thinly. Pour over it following dressing.

- $\frac{1}{2}$ teaspoon salt
- 1 egg
- $\frac{1}{2}$ cup milk
- 2 teaspoons butter
- $\frac{1}{4}$ cup vinegar
- $\frac{1}{2}$ teaspoon mustard
- 1 teaspoon sugar
- $\frac{1}{4}$ teaspoon pepper

Heat milk, add dry ingredients to egg. Then add milk to egg mixture. Cook to a custard. Add butter and vinegar and strain over shredded cabbage. Set away to cool.

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Grapefruit and Celery Salad.

Remove all flesh from grapefruit and cut in small pieces. To 1 cup of prepared grapefruit add 1 cup diced celery. Serve on lettuce leaves with salad dressing.

Waldorf Salad.

Mix equal quantities of finely cut apple and celery and moisten with boiled salad dressing. Serve on lettuce leaves.

Potato and Pea Salad

1 cup boiled diced potatoes
½ cup peas

Mix with French dressing and serve on lettuce leaves.

Shrimp Salad.

Remove shrimp from can, wash and let stand in ice water for few minutes, then drain. To two small cans of shrimp add two medium sized tomatoes cut in small pieces and one stalk of celery (diced). Moisten with desired salad dressing and serve on lettuce leaves.

Banana and Nut Salad.

Cut banana lengthwise and then in half. Put two pieces on lettuce leaf and pour over it boiled salad dressing. Sprinkle a few chopped nuts on top.

Egg, Olive and Potato Salad.

Follow recipe for potato salad, but cut up several olives and one or two hard boiled eggs. The number of each depends upon amount of salad made.

Stuffed Egg Salad.

Remove yolks of hard boiled eggs. Mix with boiled salad dressing. Cut up several olives and add to yolk and dressing mixture. Put back into whites and serve on lettuce leaves.

Tomato and Egg Salad.

Remove skin from firm ripe tomatoes. Cut hard boiled eggs through center and remove yolks. Mix with salad dressing and fill whites again. Turn tomatoes bottom side up and stand refilled whites in

place where part of core was removed. Serve on lettuce leaf with more salad dressing. This is a very pretty salad.

Pear Salad.

Put canned pears on lettuce leaves, pour over them a salad dressing. Sprinkle a little chopped celery or chopped nuts on top.

Tuna Fish Salad.

Remove fish from can, pick flakes apart. To 1 cup of fish add ½ cup of diced celery. Mix with boiled salad dressing. Serve on lettuce leaves.

Deviled Egg Salad.

4 hard boiled eggs
1 teaspoon mustard
1 tablespoon melted butter or oil
1 tablespoon vinegar
1 tablespoon cut parsley
1 teaspoon salt
Dash of cayenne pepper

Cut hard boiled eggs into halves lengthwise and remove yolks. Powder the yolks with a fork, then add salt, pepper, mustard and vinegar mixed together. Add the butter or oil. Mix until smooth and fill into whites. Serve on a bed of lettuce.

Apple and Raisin Salad.

3 cups diced apples
1 cup cut raisins
¼ cup lemon juice
Lettuce

Wash and dry raisins, add lemon to chopped apples and mix with raisins. Serve on lettuce leaves with salad dressing.

Lettuce and Onion Salad.

Slice onions on lettuce leaves and serve with French or boiled salad dressing.

Tomato Salad.

Skin ripe tomatoes and place on lettuce leaves and serve with any desired salad dressing. Tomatoes may be served whole or sliced.

When sliced tomatoes appear on the menus it is intended that a dish full be placed on the table rather

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than served to each person as is done when salad is mentioned. This is, however, an individual matter and if the housewife prefers to always serve them as salads she could take the liberty to do so or vice versa.

Cottage Cheese and Olive Salad.

Chop a few olives and mix with cottage cheese. Arrange on lettuce leaves. Serve with French or boiled dressing.

Pea and Carrot Salad.

If peas and carrots are left over from a meal wash them free from white sauce. Arrange on lettuce leaf and serve with any desired dressing.

Chicken Salad.

Cut cold boiled fowl or remnants of roast chicken in $\frac{1}{2}$ inch dice. To two cups add one and one-half cups of celery cut in small pieces. Moisten with salad dressing and serve on lettuce leaves.

Salmon Salad.

Remove salmon from can. Take out the bones as far as possible. Serve with boiled salad dressing.

Salmon and Orange Salad.

To 2 cups of salmon salad add 1 medium sized orange cut in small pieces. This makes a pleasant change from the regular salmon salad.

Salad from Left Over Greens.

Arrange left over greens on plates and serve with French or boiled salad dressing. This can be garnished with hard boiled eggs.

Date and Nut Salad.

Wash and stone dates. Place an English walnut meat in center of each date. Arrange four or five dates on bed of crisp lettuce and serve with salad dressing.

There are innumerable kinds of salads. Any left over meat, fruit, fish or vegetables which are in good condition can be used. Just mix with salad dressing and serve on let-

tuce or other salad leaves. Strips of pimento often add to the appearance of a salad.

HOT BREADS.

Nut Bread—I.

2 cups milk
1 teaspoon baking powder
1 cup flour
3 cups graham flour
1 cup nut meats
 $\frac{1}{2}$ teaspoon salt
Bake 1 hour.

Nut Bread—II.

1 egg
 $\frac{1}{2}$ cup sugar
1 cup milk
1 cup nut meats
 $3\frac{1}{2}$ cups flour
4 teaspoons baking powder
 $\frac{1}{4}$ teaspoon salt
Let rise $\frac{1}{2}$ hour. Bake $\frac{3}{4}$ hour in moderate oven.

Apple Fritters.

$1\frac{1}{3}$ cup flour
2 teaspoons baking powder
1 egg
 $\frac{1}{4}$ teaspoon salt
 $\frac{3}{8}$ cup milk

Mix dry ingredients, add milk and egg well beaten. Slice apples into batter and drop by spoonfuls into deep fat. Serve with sauce.

Banana Fritters.

1 cup flour
2 teaspoons baking powder
1 tablespoon powdered sugar
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{4}$ cup milk
1 egg
1 tablespoon lemon juice
3 bananas

Mix and sift dry ingredients. Beat eggs until light, add milk, and combine mixtures, then add lemon juice and banana forced through sieve. Drop by spoonfuls into deep fat, fry until a golden brown, and drain. For general rules for testing fat for frying see the Boston Cooking School Cook Book.

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Lemon Sauce for Fritters.

- $\frac{3}{4}$ cup butter
- 1 cup sugar
- Yolks of 3 eggs
- $\frac{1}{3}$ cup boiling water
- 3 tablespoons lemon juice
- Few gratings lemon rind

Cream butter, add sugar and yolks of eggs slightly beaten. Then add water and cook over boiling water until mixture thickens. Cool and add lemon juice and rind.

Sauce for Fritters—I.

- $\frac{3}{4}$ cup brown sugar
- 1 cup water
- 1 tablespoon cornstarch
- Boil 5 minutes, cool. Add
- 1 tablespoon butter
- $\frac{1}{2}$ tablespoon vinegar
- 1 teaspoon vanilla

Sauce for Fritters—II.

- $\frac{1}{2}$ cup butter
 - 1 cup light brown sugar
 - 4 tablespoons milk
 - 1 teaspoon vanilla
- Cook to syrup

Sauce for Fritters—III.

- $\frac{1}{2}$ cup sugar
- 1 cup water
- 1 tablespoon cornstarch
- 2 tablespoons butter
- $1\frac{1}{2}$ teaspoon lemon juice
- Pinch salt

Mix sugar, cornstarch and water. Boil 5 minutes, add butter and lemon juice. Stand in double boiler till ready to serve.

Waffles.

- $1\frac{3}{4}$ cups flour
- 3 teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt
- 1 cup milk
- Yolks 2 eggs
- Whites 2 eggs
- 1 tablespoon melted butter

Mix and sift dry ingredients, add milk gradually, yolks of eggs well beaten, butter and whites of eggs beaten stiff. Cook on a greased hot waffle iron.

Boston Brown Bread.

- 1 cup rye flour
- 1 cup cornmeal
- 1 cup graham flour
- $\frac{3}{4}$ teaspoon soda
- 1 teaspoon salt
- $\frac{3}{4}$ cup molasses
- 2 cups sour milk or
- $1\frac{3}{4}$ cups sweet milk

Add raisins if desired. Steam $3\frac{1}{2}$ hours. Mould should not be filled more than $\frac{3}{4}$ full.

Cheese Straws.

- 4 tablespoons finely grated cheese
- 2 tablespoons butter
- 4 tablespoons flour
- Salt and pepper to taste
- 1 egg
- 1 tablespoon milk

Mix together and roll out the thin paste. Cut in narrow strips. Bake a light brown in a quick oven.

Doughnuts.

- 1 cup sugar
- 1 tablespoon butter
- 1 cup milk
- 2 eggs
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{8}$ teaspoon nutmeg
- $\frac{1}{4}$ cups flour
- 4 teaspoons baking powder

Roll out and cut. Care should be taken that grease is not too hot. Put a small piece of raw potato in grease and if it turns a nice brown in 40 seconds grease is all right to use.

White Muffins.

- $2\frac{1}{2}$ cups flour
- 5 teaspoons baking powder
- $\frac{1}{2}$ cup sugar
- 5 tablespoons melted shortening
- $1\frac{1}{4}$ cups milk
- 3 eggs
- Pinch salt

Mix and sift dry ingredients, add milk and egg yolks and shortening. Fold in beaten whites. Bake in muffin pans.

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Graham Muffins.

- 1 cup graham flour
- 1 cup white flour
- $\frac{1}{2}$ cup sugar
- 4 teaspoons baking powder
- 1 teaspoon salt
- 1 cup milk
- 1 egg
- 2 tablespoons melted shortening

Mix and sift dry ingredients. Add milk gradually, egg well beaten and shortening. Bake in muffin pans.

Cornmeal Muffins.

- 2 eggs
 - $\frac{1}{4}$ cup butter; $\frac{3}{4}$ cup sugar, creamed together
 - 1 cup cornmeal
 - 2 cups flour
 - $\frac{1}{2}$ teaspoon salt
 - 4 teaspoons baking powder
 - 1 cup milk
- Proceed as for other muffins.

Popovers.

- 2 eggs
- 1 cup flour
- 1 cup milk
- Pinch salt

Beat all together until smooth batter is formed. Pour into hissing hot gem pans or buttered earthen cups. Bake about 30 minutes in hot oven.

Cheese Crackers.

Put a little grated cheese on saltines. Melt and brown in oven. These are a nice addition to most salads.

Cornbread.

- 1 cup milk
 - 2 teaspoons baking powder
 - $\frac{1}{4}$ cup sugar
 - $\frac{1}{2}$ cup flour
 - $1\frac{1}{2}$ cups cornmeal
 - 2 tablespoons shortening
- Beat all together, then add 1 egg well beaten.

Ginger-Bread.

- $\frac{1}{2}$ cup sugar
- 1 cup shortening
- 1 cup molasses

- 2 teaspoons soda

- 3 cups flour

- 1 egg

- 1 cup boiling water

- 1 teaspoon cinnamon

- 1 teaspoon ginger

- 1 teaspoon cloves

Bake in moderate oven.

RELISHES, PRESERVES, ETC.

Carrot Marmalade.

- 4 lbs. carrots

- 3 lbs. sugar

- 1 lemon, juice and grated rind

- 1 orange

Wash, scrape and steam carrots until soft. Chop fine and mix with fruit and sugar. Cook gently one hour or until mixture is rather thick when tried on cold dish. Seal in tumblers.

Grape Conserve.

- 1 small basket grapes

- $\frac{1}{2}$ lb. English walnut meats

- 1 lb. raisins

Pulp grapes and cook pulp. Put through a sieve. Mix and add 1 cup sugar to each cup of grapes. Cook 15 minutes after they begin to boil well. Wash and cut up raisins, but do not chop. Cut walnut meats into small pieces and add nuts and raisins to grape pulp. Put directly in jars.

Rhubarb and Pineapple Conserve.

Mix 1 quart peeled, sliced rhubarb with one large pineapple also peeled and cut into small pieces. Cover with 2 quarts of sugar, stir thoroughly and let stand over night. In morning add juice and rind of one lemon, and pulp of 2 oranges, all seeds being carefully removed. Cook rapidly for $\frac{1}{2}$ hour, stirring to prevent burning. Add $\frac{3}{4}$ cup chopped blanched almonds. Cook 10 minutes longer. Turn into jelly glasses and seal. The nuts can be omitted.

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Orange Marmalade.

- 6 oranges
- 1 lemon

Wash fruit first. Cut fruit in quarters, discard seeds and slice through pulp as thinly as possible or put fruit through a meat chopper. Weigh the prepared fruit, and to each pound add three pints of cold water. Let stand about 2 hours. Put in preserving kettle and boil gently until rind is quite tender. Measure material and to each pint add one pint of sugar. Let cook until mixture thickens slightly when tried on a cold dish. Put in tumblers and cover with paraffin. This can be varied by using different fruits.

Plum Conserve.

- ½ peck plums
- 2 lbs. sugar
- 1 lemon, juice and grated rind
- 2 oranges, juice and grated rind
- ½ lb. English walnut meats

Cook plums in as small amount of water as possible until soft. Rub through a sieve. Add sugar and fruit and let cook slowly for about 1 hour or until quite thick. When about done add washed walnut meats. Fill jelly glasses with mixture and cover with paraffin.

Rhubarb Conserve.

- 4 lbs. rhubarb
- 5 lbs. sugar
- 1 lb. seeded raisins
- 1 lemon
- 2 oranges

Wash and peel rhubarb and cut in one inch pieces. Put in kettle, sprinkle with sugar, add raisins and grated rind and juice of lemon and oranges. Mix, cover and let stand one-half hour. Put on fire, bring to boiling point and let simmer 45 minutes, stirring almost constantly. Fill jelly glasses and seal.

Pop Corn Balls.

- 1 cup light brown sugar
- 1 tablespoon butter
- 3 tablespoons water

Boil until thick and pour over 2 quarts of popped corn. Let cool and form into balls.

Cherry Jam.

Wash and pit cherries. To each cup of cherries add ½ cup of sugar, add little water and let boil down until quite thick. If a very sweet jam is desired add more sugar.

Pepper Relish.

- 6 large green peppers (no seeds)
 - 1 red pepper
 - 1 medium size cabbage
 - ¼ cup salt
 - 1 cup sugar
 - 2 tablespoons mustard seed
- Chop peppers and cabbage, add rest of ingredients and cover with vinegar. Put away in glass or stone jars.

Corn Relish.

- 18 ears of corn (cut off)
 - 1 small cabbage run through meat chopper
 - 1 bunch celery
 - 4 onions
 - 2 green peppers chopped
- Pour over mixture 1 quart of vinegar. Mix together
- 2 cups sugar
 - 1 cup flour
 - ½ cup salt
 - 1 teaspoon mustard
 - ¼ teaspoon cayenne
 - ½ teaspoon tumeric
- Add 1 quart vinegar slowly. Combine two mixtures and let boil about 40 minutes. Fill jars and seal.

Chow-Chow.

- 1 quart small cucumbers
 - 1 quart large cucumbers
 - 1 quart small green tomatoes
 - 1 quart small button onions
 - 1 large cauliflower
 - 4 green peppers (cut fine)
- Cut all in pieces

Make brine of 4 quarts of water and 1 pint salt. Pour over vegetables and let stand 24 hours. Then heat enough to scald and drain in colander. Mix 1 cup flour, 6 tablespoons ground mustard, 1 tablespoon tumeric powder with cold vinegar to make smooth paste. Then add 1 cup light brown sugar and enough

WHAT SHALL WE HAVE FOR DINNER?

vinegar to make 2 quarts in all. Boil until it thickens, stirring all the time. Add the vegetables and cook until heated through. This makes about 5 quarts and can be kept in Mason jars.

Chili Sauce.

$\frac{1}{2}$ bushel ripe tomatoes } chopped
1 dozen medium onions }
4 red peppers, cut finely
1 pound of light brown sugar
2 tablespoons salt
2 cups vinegar
2 tablespoons ground cinnamon
1 teaspoon ground mace
1 teaspoon ground cloves
Cook until tender, about 5 hours

Tomato Relish.

1 peck ripe tomatoes chopped
and drained
2 cups chopped celery
6 large onions chopped
6 red peppers chopped—seeds out
2 pounds light brown sugar
 $\frac{1}{2}$ cup salt
2 tablespoons cinnamon
2 oz. mustard seed
1 quart vinegar

Mix all together and put into bottles (no cooking).

BEVERAGES.

Chocolate.

Melt $\frac{1}{2}$ pound chocolate in double boiler, add $1\frac{1}{2}$ cup sugar, and about 1 cup water. Cook until mixture forms a thick syrup. Pour into a jar for future use. When you want to make chocolate heat the milk and to each pint of milk add 2 teaspoons of above mixture. It is very easily and quickly prepared. The amount of water and sugar to be added to the melted chocolate varies a little with the brand of chocolate used. The amount of sugar also depends upon individual tastes.

Cocoa is cheaper than chocolate, so we have included it in the menus as one of the breakfast drinks. We feel, however, that chocolate made according to the above rule is much

easier to prepare than cocoa, but this is an individual matter which a housewife must decide for herself.

Pineapple Lemonade.

1 cup sugar
2 cups water
Boil 10 minutes.
1 cup grated pineapple
Juice of 3 lemons
Strain and add 5 cups of ice water.

DESSERTS.

Date Pudding—I.

$1\frac{1}{2}$ cups flour
1 teaspoon baking powder
2 tablespoons sugar
2 tablespoons butter

1 egg
 $\frac{3}{4}$ cup milk
1 cup dates
1 cup nut meats
Bake in sheet about 20 minutes.
Serve with whipped cream, foamy sauce or lemon cream sauce.

Date Pudding—II.

1 cup sugar
2 eggs (beaten light)
1 tablespoon flour
1 teaspoon baking powder
1 cup walnut meats
1 cup dates cut fine
Bake slowly in a sheet 20 minutes.
Serve with whipped cream or pudding sauce.

Foamy Sauce.

1 egg
1 cup sugar
Beat to a cream
1 cup milk
1 teaspoon butter
1 teaspoon vanilla
Let stand in double boiler over hot water $\frac{1}{2}$ hour. Stir frequently.

Creamy Sauce.

$\frac{1}{2}$ cup butter
 $\frac{1}{2}$ cup powdered sugar
 $\frac{1}{4}$ cup cream
When beaten together stir in double boiler until melted. *Do not boil.*

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Lemon Cream Sauce.

$\frac{1}{2}$ cup butter (creamed)
Add $1\frac{1}{4}$ cups powdered sugar
Grate rind of 1 lemon
4 tablespoons lemon juice.

Beat 5 minutes and add little nutmeg. Just before serving put over boiling water for 2 or 3 minutes.

Apple Tapioca.

$\frac{3}{4}$ cup pearl or minute tapioca
cold water
 $2\frac{1}{2}$ cups boiling water
 $\frac{1}{2}$ teaspoon salt
7 sour apples
 $\frac{1}{2}$ cup sugar

Soak tapioca one hour in cold water to cover, drain. Add boiling water and salt, cook in double boiler until transparent. Arrange cored and pared apples in buttered pudding dish. Pour sugar on apples, pour over tapioca, and bake in moderate oven until apples are soft. Serve with vanilla sauce or cream. Minute tapioca requires no soaking.

Spanish Cream.

3 tablespoons gelatine
1 quart milk (boiling)
4 eggs
4 tablespoons sugar
1 teaspoon vanilla

Dissolve gelatine in boiling milk—cool slightly. Add yolks of eggs and sugar well beaten together. Stir until it thickens. Remove from fire, add whites stiffly beaten and vanilla. Pour into wet molds. Turn out when firm and serve with cream.

Huckleberry Roll.

1 quart flour
2 teaspoons baking powder
1 teaspoon salt

Mix enough shortening to flour to make a rich dough, roll out thin and put on berries and sprinkle with sugar and a little nutmeg. Roll up like a jelly roll and bake in moderate oven. Serve with vanilla or foamy sauce. This can be made with any kind of berries.

Cornstarch Pudding.

4 cups scalded milk
 $\frac{1}{2}$ cup cornstarch
 $\frac{1}{4}$ cup sugar
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ cup cold milk
1 teaspoon vanilla

Mix cornstarch, sugar and salt, add $\frac{1}{2}$ cup cold milk. Add to scalded milk, stirring constantly until mixture thickens. Afterwards cook 15 minutes. Pour into moulds to cool. Crush the fresh fruit, add enough sugar to sweeten and just before serving add cream. Turn cornstarch pudding out in dish and pour fruit mixture over it.

Cocoanut Cake.

3 cups flour
 $\frac{1}{2}$ cup butter
2 cups sugar
1 cup milk
2 teaspoons baking powder
3 eggs
1 grated cocoanut

Cream the butter and sugar, then add the well beaten eggs. Stir in the milk, and add the flour with the baking powder. Fold in the grated cocoanut. Bake in deep tin.

Bread Pudding.

1 pint bread crumbs
 $1\frac{1}{2}$ cups sugar
1 quart of sweet milk
4 eggs
Juice and rind of 1 lemon
2 tablespoons butter
Raisins can be added if desired.

Soak crumbs in milk, add 1 cup of sugar and beaten yolks of eggs, and grated rind of lemon. Bake in moderate oven until set. Let cool. Beat whites of eggs to stiff froth, adding $\frac{1}{2}$ cup of sugar and juice of lemon. Spread a layer of tart jelly over top of pudding and add the meringue. Place in oven to brown. Serve with cream.

Sliced Oranges and Shredded Cocoanut.

Peel and slice oranges and sprinkle with dry shredded cocoanut.

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Lemon Sherbet.

- 2 cups sugar
- 4 cups water
- 2 egg whites
- $\frac{3}{4}$ cup lemon juice

Boil sugar and water about 10 minutes. Cool. Add lemon juice to syrup and then add beaten egg whites. Freeze.

For plain apricot or peach sherbet follow recipe for lemon sherbet, but substitute $1\frac{1}{2}$ cups of apricot or peach pulp (made by cooking apricots or peaches and putting through a sieve, or use canned peaches or apricots). A richer apricot sherbet can be made as follows:

- 1 quart can of apricots
- 4 oranges
- 2 lemons
- 3 egg whites
- $1\frac{1}{2}$ quarts of water
- 1 cup sugar
- 2 cups cream

Press oranges, apricots and lemons through a sieve. Boil sugar and water 10 minutes, cool and add fruit pulp, cream and beaten egg whites. Freeze.

Baked Bananas.

Remove skins from 6 bananas and cut in halves, lengthwise, and put in a shallow granite pan. Mix 2 tablespoons melted butter, $\frac{1}{2}$ cup sugar, and 2 tablespoons lemon juice. Baste bananas with $\frac{1}{2}$ the mixture. Bake 20 minutes in slow oven, basting during baking with remaining mixture.

Creamed Rice with Dates.

- 4 cups milk
- $\frac{1}{2}$ cup rice
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{3}$ cup sugar
- 1 cup dates

Wash rice, mix ingredients and pour into buttered pudding dish. Bake 3 hours in a slow oven, stirring 3 or 4 times during first hour to prevent rice from settling. Raisins can be used in place of dates, or no fruit at all need be added. This is also called rice pudding.

French Toast.

Dip dry bread in following mixture and fry until brown. Serve with syrup.

- 2 eggs (well beaten)
- 1 cup milk
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon pepper

Chocolate Soufflé

- 2 tablespoons butter
- 2 tablespoons flour
- $\frac{3}{4}$ cup milk
- $1\frac{1}{2}$ squares of chocolate
- $\frac{1}{3}$ cup sugar
- 2 tablespoons hot water
- 3 eggs
- $\frac{1}{2}$ teaspoon vanilla

Melt butter; add flour, and pour on gradually the milk. Cook until boiling point is reached. Melt chocolate in saucepan placed over hot water, add sugar and water, and stir until smooth. Combine mixtures and add yolks of eggs well beaten—cool. Fold in white of eggs beaten stiff and add vanilla. Turn into buttered baking dish and bake in moderate oven about 25 minutes. Serve with foamy sauce.

Pineapple Whip.

- 1 cup grated pineapple
- Beaten whites of 5 eggs (sweetened)

Beat together until light and fluffy. Serve cold with or without a sauce.

Prune Whip like Pineapple Whip but substitute 1 cup prune pulp for pineapple.

Apricot Whip like Pineapple Whip, but substitute 1 cup apricot pulp for pineapple.

Pineapple Sponge.

- 1 cup tapioca, soaked over night—pour off water
- Juice of a small can of pineapple
- Juice of 2 lemons
- 1 cup water

Cook tapioca until clear, add $1\frac{1}{2}$ cups sugar. Let boil and then remove from stove. Add beaten whites

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of 3 eggs and pineapple cut in small pieces and fruit juices, beat well, serve cold. Some kinds of tapioca do not require soaking over night.

Sponge Cake.

4 eggs
1 cup sugar
2 tablespoons cornstarch
2 teaspoons baking powder
Flour to make 1 cup
1 teaspoon vanilla
 $\frac{1}{2}$ teaspoon salt
Separate eggs, add 3 tablespoons water to yolks, and beat well. Add sugar and then remaining dry ingredients. Fold beaten whites into above mixture. Put in angel food tin and put into cold oven and then bake very slowly.

Devil's Food Cake.

$1\frac{1}{2}$ square chocolate melted
2 tablespoons butter melted
1 cup sugar
1 egg
1 cup milk
1 teaspoon soda
Pinch salt
 $1\frac{3}{4}$ cup flour
1 teaspoon vanilla
Mix all together. Beat with Dover egg beater.

Frosting.

1 sq. chocolate, melted
1 tablespoon butter
1 egg
Powdered sugar to thicken

Chocolate Custard.

4 cups milk
5 eggs
 $\frac{1}{2}$ teaspoon salt
1 teaspoon vanilla
 $\frac{3}{4}$ cup sugar
2 squares chocolate
 $\frac{1}{2}$ cup water

Melt chocolate, add sugar and water, and cook until syrup is formed. Pour into milk and add eggs and flavoring. Pour into buttered baking dish and bake as custard.

Chocolate pudding differs from chocolate custard in that the pudding requires less eggs, and flour or cornstarch is the thickening agent. The

pudding is cooked until thick on top of the stove and poured into molds to cool. This is also called Chocolate Blanc Mange.

Caramel Pie.

1 cup damson preserves
1 cup sugar
 $\frac{3}{4}$ cup butter
4 eggs
1 cup milk
1 teaspoon vanilla

Cook all together and pour into baked pie crust. This is enough for 2 pies. Other preserves such as plum or peach can be substituted for damsons.

Custard Pie.

2 eggs
3 tablespoons sugar
 $\frac{1}{8}$ teaspoon salt
 $1\frac{1}{4}$ cups milk
Few gratings of nutmeg

Beat eggs slightly, add sugar, salt and milk. Line plate with pie paste. Strain in the mixture and sprinkle with few gratings of nutmeg. Bake in moderate oven.

Banana Custard.

Arrange alternate layers of stale cake and sliced bananas in cups, and pour over boiled custard. Replace bananas by oranges and it is called orange custard. The cake can be omitted if not on hand. Almost any kind of fruit can be used, or coconut.

Boiled Custard

2 cups scalded milk
Yolks of 3 eggs
 $\frac{1}{4}$ cup sugar
 $\frac{1}{8}$ teaspoon salt
 $\frac{1}{2}$ teaspoon vanilla

Beat eggs slightly, add sugar and salt; stir constantly while adding gradually hot milk. Cook in double boiler, continue stirring until mixture thickens and a coating is formed on spoon. Strain immediately, chill and flavor. If cooked too long custard will curdle. Should this happen by using a Dover egg beater it may be restored to a smooth consistency, but custard will not be as thick.

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Chocolate Bread Pudding.

- 2 cups dry crumbs
- 1 qt. milk
- 2 squares chocolate (melted)
- $\frac{3}{4}$ cup sugar
- 3 eggs
- $\frac{1}{4}$ teaspoon salt
- 1 teaspoon vanilla

Mix all together and add melted chocolate. Bake in moderate oven.

Baked Apples.

Fill centers of apples after core is removed with raisins or dates. Allow $\frac{3}{4}$ cup of sugar and $\frac{1}{4}$ teaspoon cinnamon for 6 apples. Cover bottom of dish with water. Baste apples while cooking. Raisins or dates can be omitted if one so desires.

Chocolate Pie.

- 2 cups milk
- 2 tablespoons cornstarch
- 3 tablespoons chocolate (melted)
- 2 egg yolks
- 1 cup sugar

Cook as for pudding. Put in baked crust. Use whites for meringue. Brown in oven.

Banana Cream Pie.

- 2 cups milk
- 1 tablespoon cornstarch
- $\frac{1}{2}$ cup sugar
- 3 egg yolks
- 1 tablespoon butter
- 1 teaspoon vanilla

Cook in double boiler until quite thick. Slice bananas in baked pie crust. Pour custard over them. Cover with meringue made from whites. Brown in oven.

Tapioca Custard.

- 5 tablespoons tapioca
- 4 cups milk
- $\frac{1}{2}$ cup sugar
- 3 eggs
- 1 teaspoon lemon extract

Cook tapioca and milk until tapioca is soft and transparent. Beat eggs, add sugar to them. Pour tapioca-milk mixture into eggs and sugar.

Add lemon extract and turn into baking dish and bake until set.

Caramel Custard.

- 4 cups scalded milk
- 5 eggs
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon vanilla
- $\frac{1}{2}$ cup sugar

Put sugar into pan, and stir constantly until melted to light brown color. Add gradually to milk, being careful that milk doesn't bubble over, as is liable on account of high temperature of sugar. When sugar is melted in milk add mixture gradually to beaten eggs. Add salt and flavoring, and strain into buttered baking dish. Place dish in pan of hot water and bake as custard.

Chocolate Sauce.

- 1 square chocolate
- 1 cup sugar
- 1 tablespoon butter
- $\frac{1}{2}$ cup boiling water
- $\frac{1}{2}$ teaspoon vanilla

Melt chocolate, add butter, pour on gradually water. Bring to boiling point, add sugar. Let boil 10 minutes. Cool slightly. Add vanilla.

Cottage Pudding.

- $\frac{3}{4}$ cup sugar
- 1 egg
- 4 tablespoons melted butter
- 1 cup milk
- $\frac{1}{2}$ teaspoon salt
- $2\frac{1}{2}$ cups flour
- 2 teaspoons baking powder

Mix together in order given, or put all together and beat with a Dover egg beater. Bake in sheet or as cup cakes. Serve with a sauce.

Chocolate Steam Pudding.

- 1 egg
- 1 cup sugar
- 1 cup milk
- 2 cups flour
- 3 teaspoons baking powder
- $\frac{1}{4}$ teaspoon salt
- 2 oz. chocolate

Melt chocolate over hot water. Beat egg, add it to milk; sift flour.

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baking powder and salt together, add to milk-egg mixture gradually. Add chocolate last. Steam in buttered molds 2 hours. (This is a very stiff mixture.) Serve with creamy, foamy or hard sauce.

Washington Cream Pie

- 1 cup sugar
- 5 eggs
- 1½ cups water
- 1 cup flour
- 1 teaspoon baking powder

This makes enough for two thin layers. Put together with vanilla custard. Put white frosting on top, and when white frosting has cooled cover top with melted bitter chocolate.

Vanilla Custard.

- 1 cup milk
- 2½ tablespoons cornstarch
- Pinch of salt
- 2 tablespoons sugar
- 1 egg yolk
- 1 teaspoon vanilla

Cook in double boiler until like soft custard.

Cherry Pudding.

- 1 tablespoon sugar
- ¼ cup butter
- ¼ cup milk
- 1 egg
- 1½ cups flour
- 1 teaspoon baking powder
- ½ cup cherries—juice drained off

Put into buttered molds, steam 2 hours. For sauce add small amount of sugar to cherry juice, then thicken, cook until clear. (Don't make too thin.)

Lemon Pie.

Make crust for 2 pies. Bake in moderate oven.

Filling for 2 Pies

- Yolks of 5 eggs
- 2 lemons—rind and juice
- 3 tablespoons cornstarch
- 1½ cups sugar

About 1 quart of water.

Stir almost constantly until thick.

Use the 5 egg whites and 1 cup of powdered sugar for meringue.

If only 1 pie is to be made just take as nearly one-half the recipe as possible.

Apricot Fluff.

- 1½ pounds dried apricots
- 2 egg whites

Wash apricots and let stand in water about 12 hours or until soft. Put through colander, and to 3 cups of pulp add ½ cup of sugar. Beat egg whites stiff and fold into apricot pulp.

Custard Sauce

- 2 cups milk
- 2 eggs
- ½ cup sugar
- ½ teaspoon vanilla
- 1 tablespoon butter

Let stand in double boiler 1 hour. Do not boil. Stir frequently.

Brown Betty.

Line buttered baking dish with bread crumbs. Put apples, prepared as for sauce, in center. Sprinkle with nutmeg. Bake in oven until apples are soft. Serve with hard sauce or foamy sauce.

Hard Sauce.

- ⅓ cup butter
- ¾ cup powdered sugar
- ⅓ teaspoon lemon
- ⅓ teaspoon vanilla

Cream butter, add sugar gradually, also flavoring.

Lemon Sauce.

- 1 cup sugar
- 1 tablespoon flour
- 1 tablespoon butter
- 1 lemon (juice)
- Grated rind
- Little nutmeg

Beat well, add 1½ cups water, let come to boil and serve.

Vanilla Sauce.

- 1½ cup brown sugar
- ¾ cup water
- 2 tablespoons cornstarch

Mix sugar and cornstarch, add water. Boil 5 minutes. Cool and add 2 teaspoons vanilla.

WHAT SHALL WE HAVE FOR DINNER?

English Plum Pudding

- 2 cups flour
- 1 cup bread crumbs
- 1 cup brown sugar
- 1 cup seeded raisins
- 1 cup currants (English)
- 2 oz. candy peel cut fine
- 3 well beaten eggs
- $\frac{1}{4}$ teaspoon cinnamon
- $\frac{1}{4}$ teaspoon cloves
- 1 teaspoon salt
- 1 teaspoon baking powder

- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{2}$ pound beef suet chopped fine

Mix all together dry, add enough milk to make a very stiff mixture. Tie in a cloth and put in boiling water. Keep covered and boil for four hours. The longer it is boiled the better. Serve with a good pudding sauce.

This can be made about two weeks before Christmas and then boiled another two hours before serving.

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